350+
Swedish Massage Techniques & Others
"Drawings"

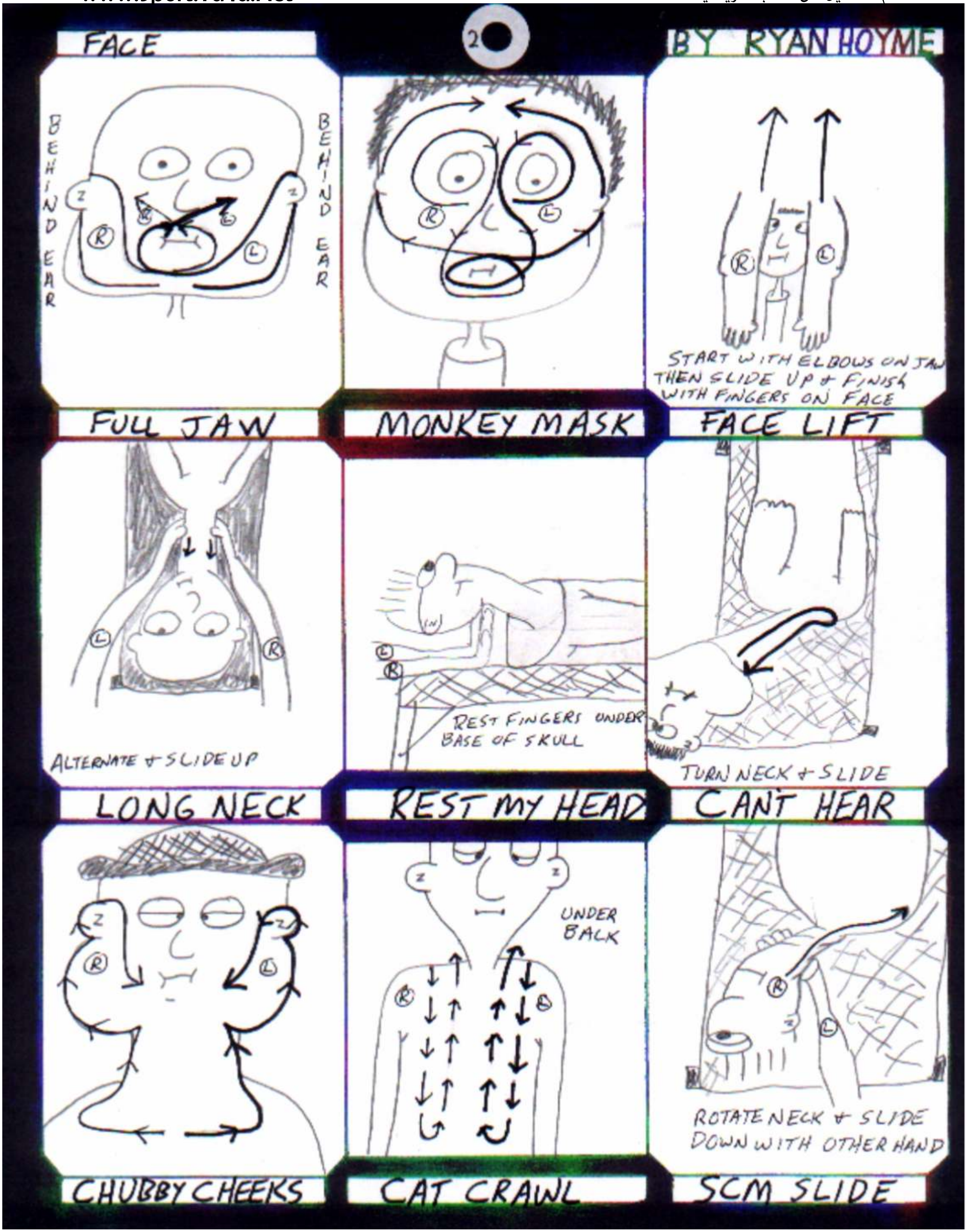


By

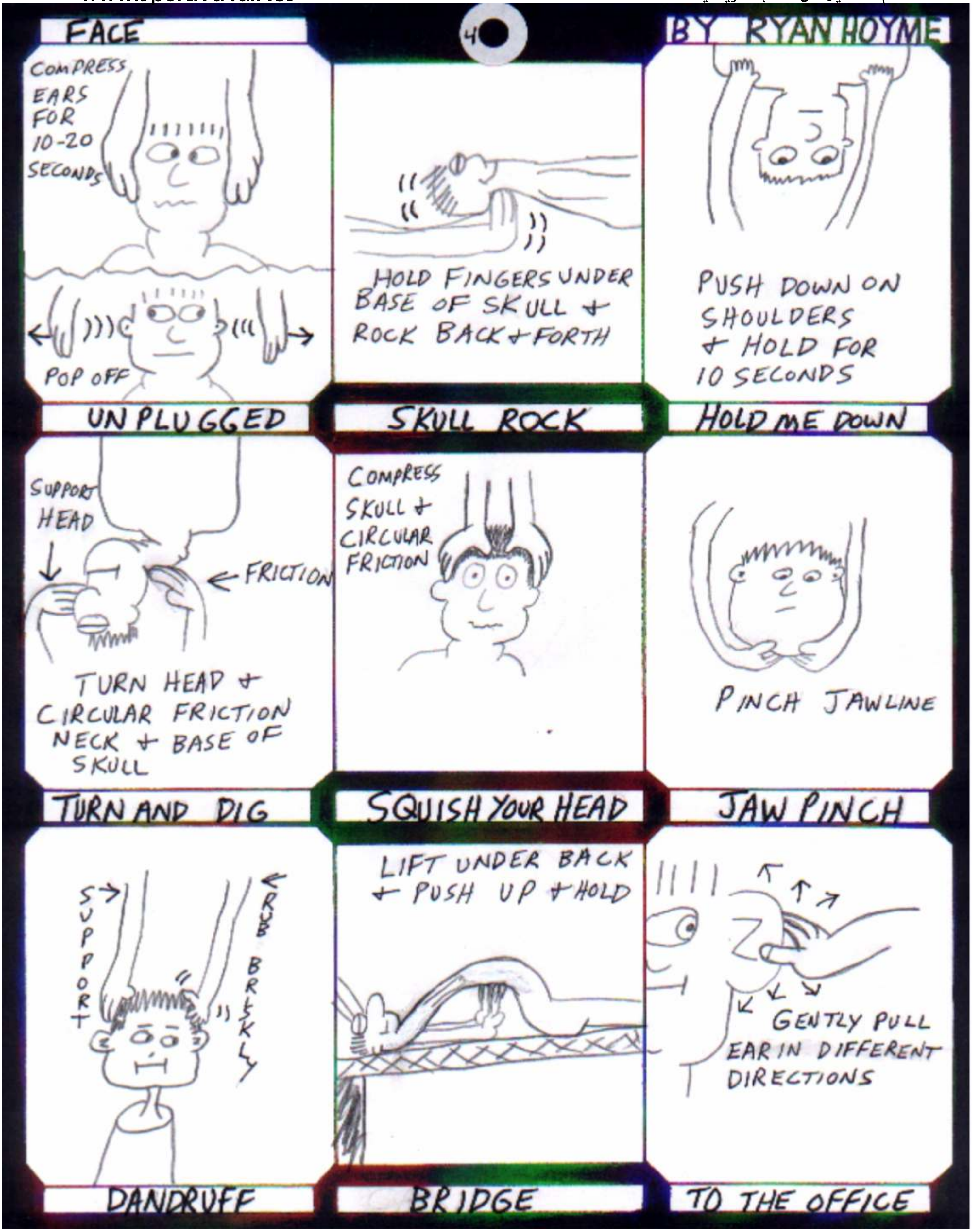
Ryan Hoyme
CMT, NCBTMB, HST

FACE


FACE
1
BY RYAN HOYME
SINUS DRAIN
3RD EYE SLIDE
FISH LIPS
FORE HEAD SPLIT
I SEE YOU
STRIPES
DRAG FINGERS LIGHTLY
BARS
FRICTION EARS OR SLIDE BEHIND THEM
EAR SLIDE
RUB HANDS TOGETHER FAST & THEN PLACE THEM OVER THEIR EYES
PEEK-A-BOO-HOT

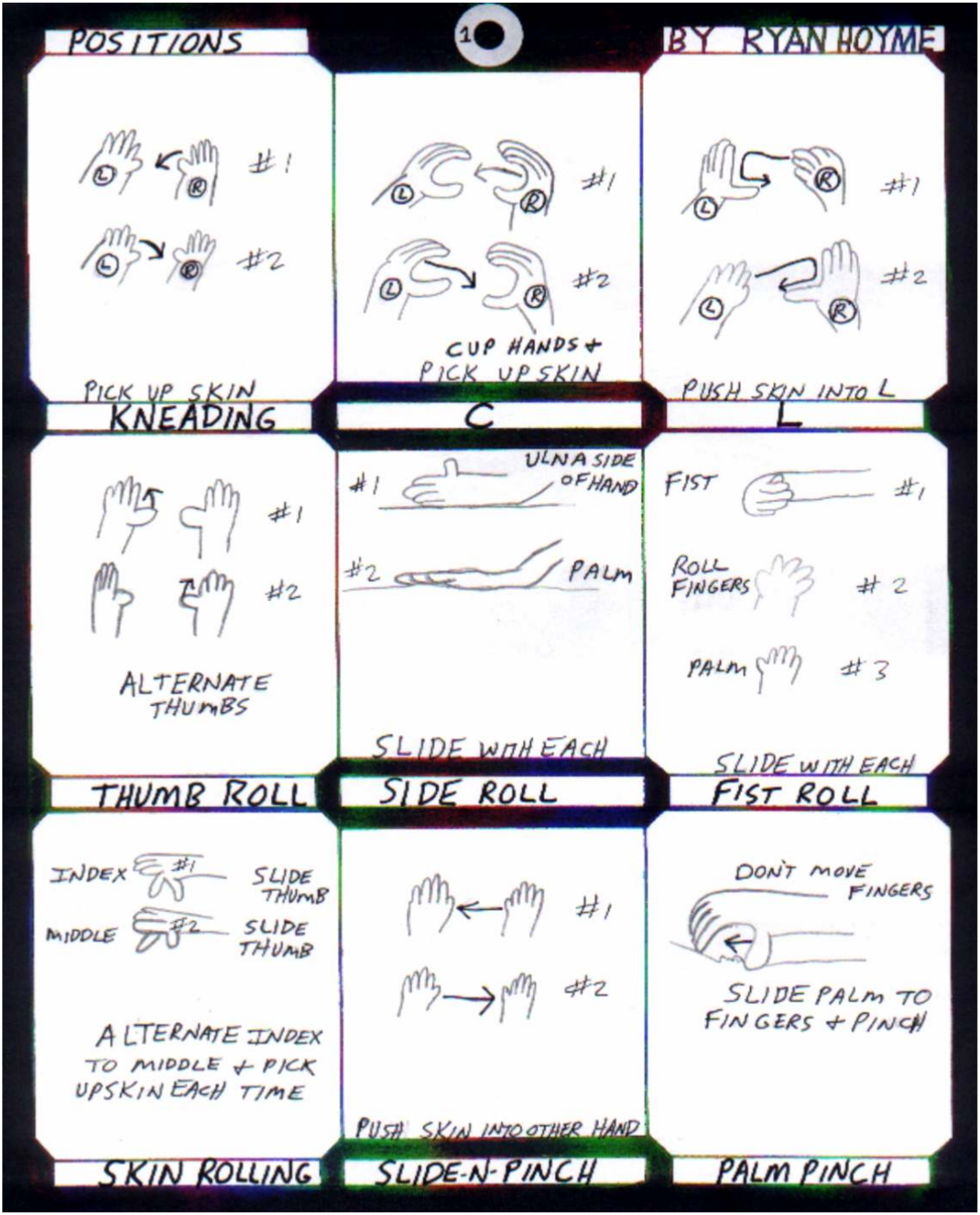

FACE
2
BY RYAN HOYME
BEHIND EAR
BEHIND EAR
FULL JAW
MONKEY MASK
START WITH ELBOWS ON JAW THEN SLIDE UP + FINISH WITH FINGERS ON FACE
FACE LIFT
ALTERNATE + SLIDE UP
LONG NECK
REST FINGERS UNDER BASE OF SKULL
REST MY HEAD
TURN NECK + SLIDE
CAN'T HEAR
CHUBBY CHEEKS
UNDER BACK
CAT CRAWL
ROTATE NECK + SLIDE DOWN WITH OTHER HAND
SCM SLIDE

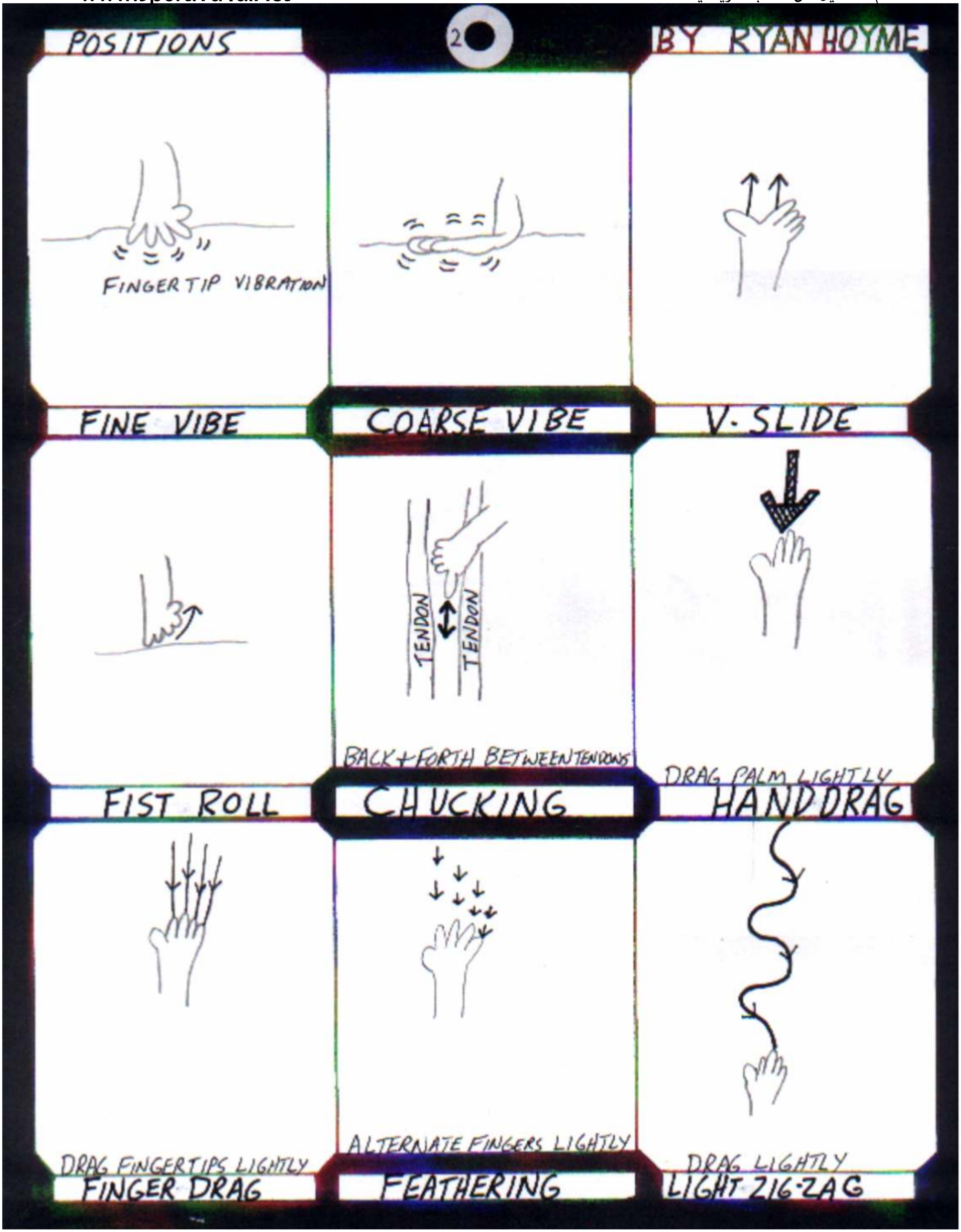

FACE
3
BY RYAN HOYME
SLIDE UP NECK + FLEX NECK AT THE SAME TIME
SUPPORT
SLIDE
I SEE FEET
WHIP SLIDE
HAIR PART
PULL + HOLD
SLIDE LIGHT WITH FINGERS
SKRITCHIES
SLIDE + HOLD
TURTLE NECK
ROTATE HEAD + NECK BACK + FORTH
CRISS CROSS ARMS + PLACE ON SHOULDER, THEN FLEX NECK
THAT WAY
HAND TO HEAD
NECK FLEX

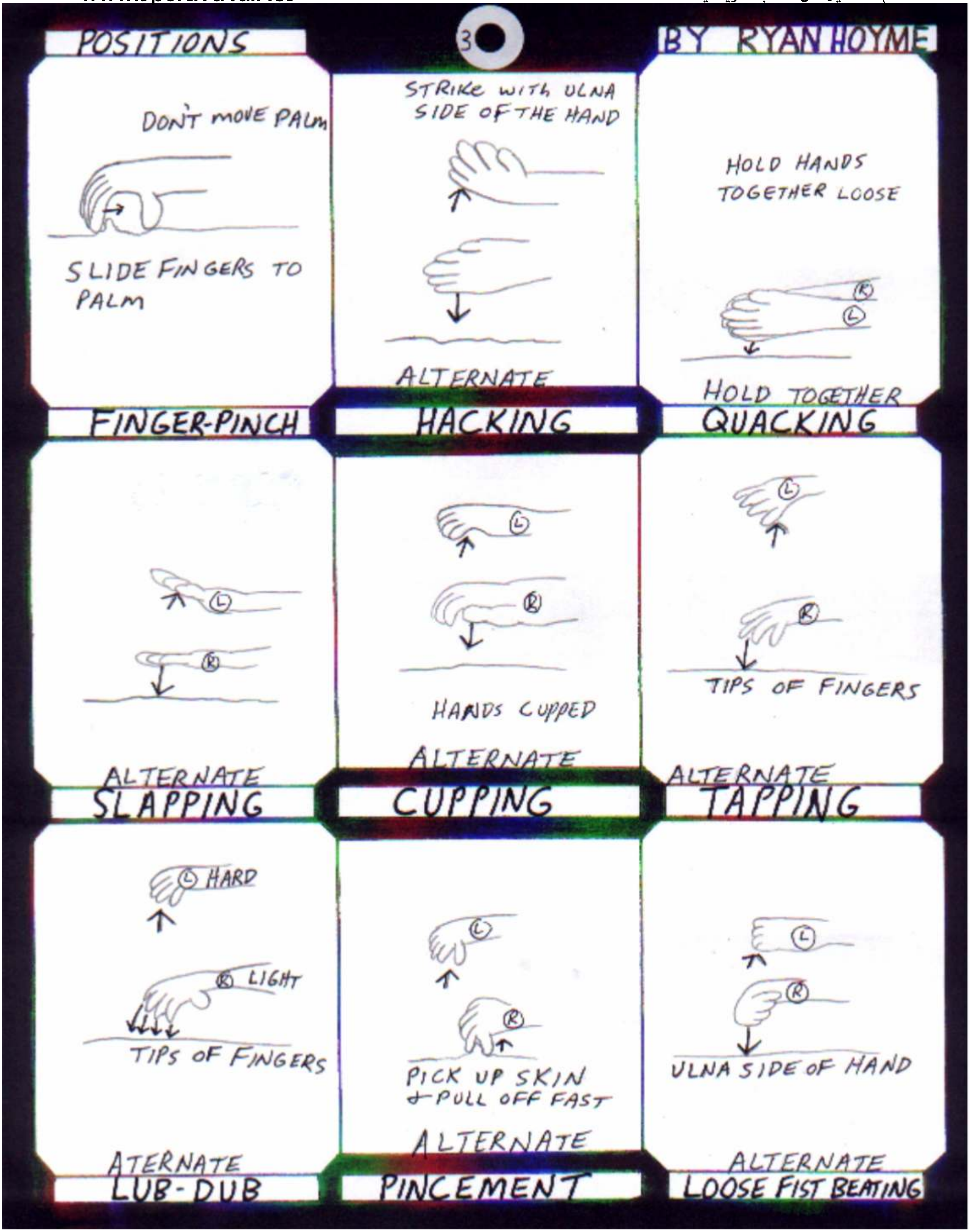

FACE
4
BY RYAN HOYME
COMPRESS EARS FOR 10-20 SECONDS
POP OFF
UNPLUGGED
HOLD FINGERS UNDER BASE OF SKULL + ROCK BACK + FORTH
SKULL ROCK
PUSH DOWN ON SHOULDERS + HOLD FOR 10 SECONDS
HOLD ME DOWN
SUPPORT HEAD
FRICTION
TURN HEAD + CIRCULAR FRICTION NECK + BASE OF SKULL
TURN AND DIG
COMPRESS SKULL + CIRCULAR FRICTION
SQUISH YOUR HEAD
PINCH JAWLINE
JAW PINCH
SUPPORT
RUB BRISKLY
DANDRUFF
LIFT UNDER BACK + PUSH UP + HOLD
BRIDGE
GENTLY PULL EAR IN DIFFERENT DIRECTIONS
TO THE OFFICE

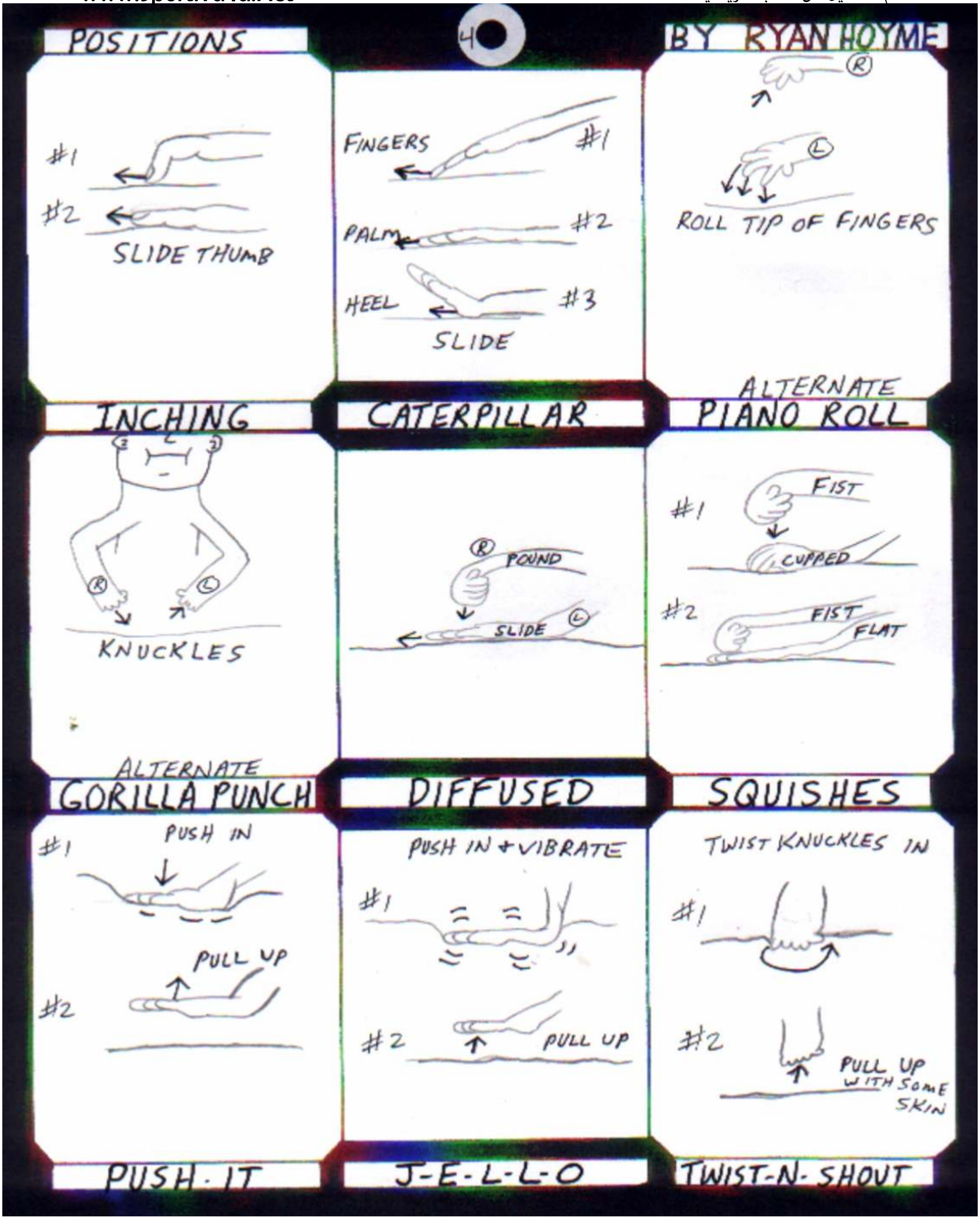

FACE
5
BY RYAN HOYME
NECKCROSS
GENTLY TRACTION HEAD
HEADTRACK
PALM SINUS
PALM HEAD
CIRCULAR FRICTION ON TEMPLE
TEMPLE TURN
ROCK HEAD BACK+FORTH + IN CIRCLES
ROCKEN HEAD

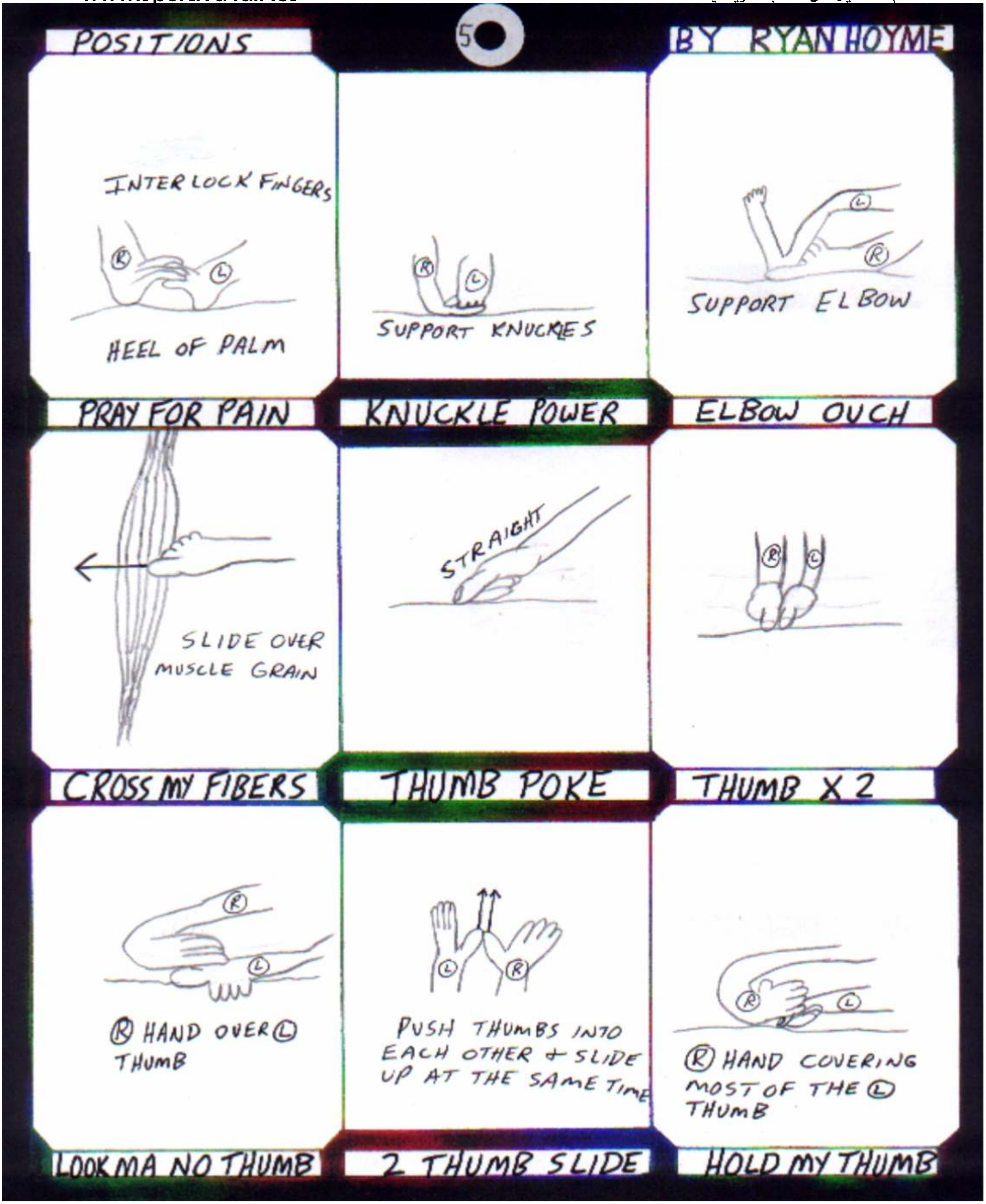
POSITIONS

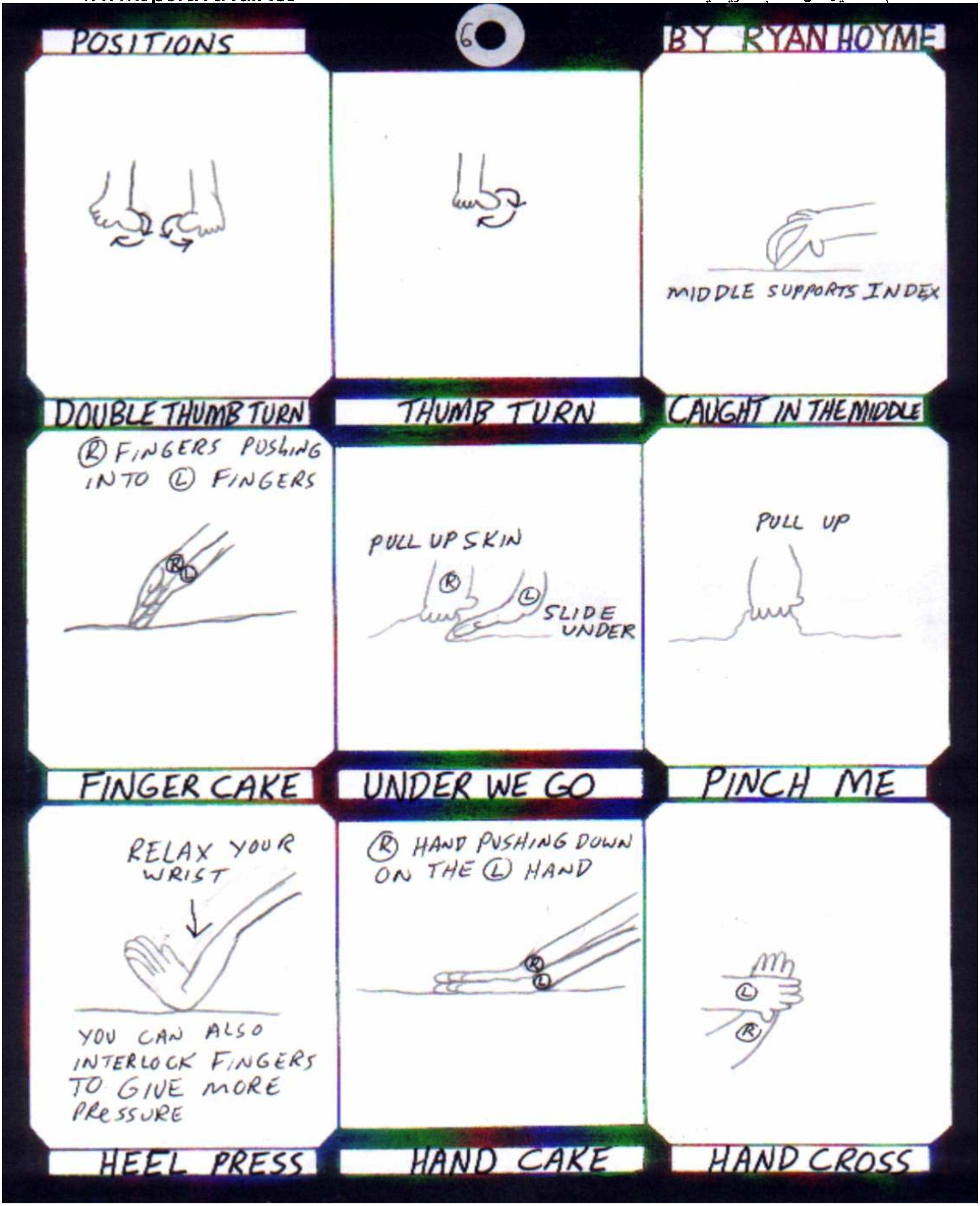

POSITIONS
1
BY RYAN HOYME
#1
#2
PICK UP SKIN
KNEADING
#1
#2
CUP HANDS +
PICK UP SKIN
C
#1
#2
PUSH SKIN INTO L
L
#1
#2
ALTERNATE
THUMBS
THUMB ROLL
#1
ULNA SIDE
OF HAND
#2
PALM
SLIDE WITH EACH
SIDE ROLL
FIST
#1
ROLL
FINGERS
2
PALM
3
SLIDE WITH EACH
FIST ROLL
INDEX
#1
SLIDE
THUMB
MIDDLE
#2
SLIDE
THUMB
ALTERNATE INDEX
TO MIDDLE + PICK
UPSKIN EACH TIME
SKIN ROLLING
#1
#2
PUSH SKIN INTO OTHER HAND
SLIDE-N-PINCH
DON'T MOVE
FINGERS
SLIDE PALM TO
FINGERS + PINCH
PALM PINCH

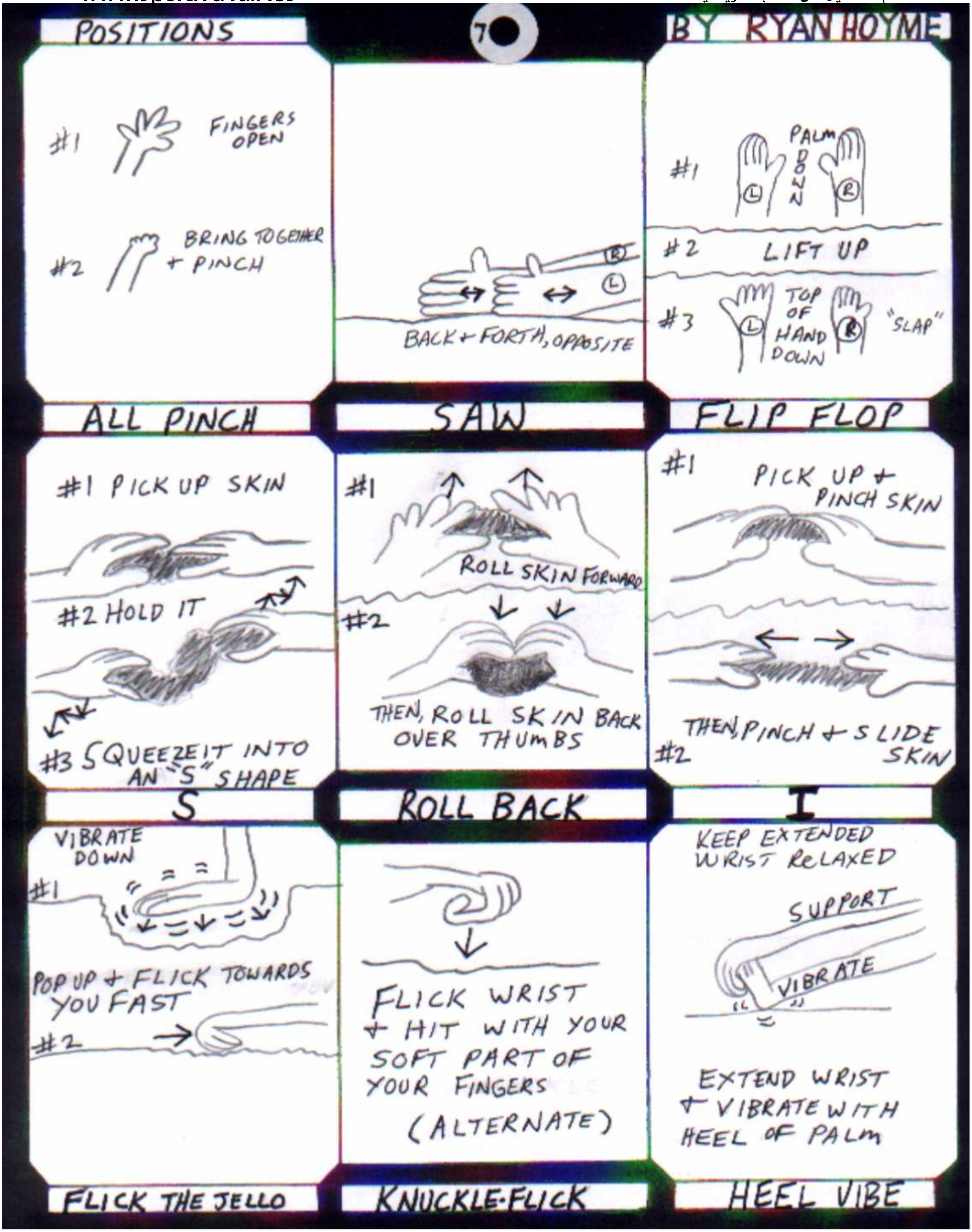

POSITIONS
2
BY RYAN HOYME
FINGERTIP VIBRATION
FINE VIBE
COARSE VIBE
V-SLIDE
TENDON
TENDON
BACK + FORTH BETWEEN TENDONS
DRAG PALM LIGHTLY
FIST ROLL
CHUCKING
HAND DRAG
DRAG FINGERTIPS LIGHTLY
FINGER DRAG
ALTERNATE FINGERS LIGHTLY
FEATHERING
DRAG LIGHTLY
LIGHT ZIG-ZAG

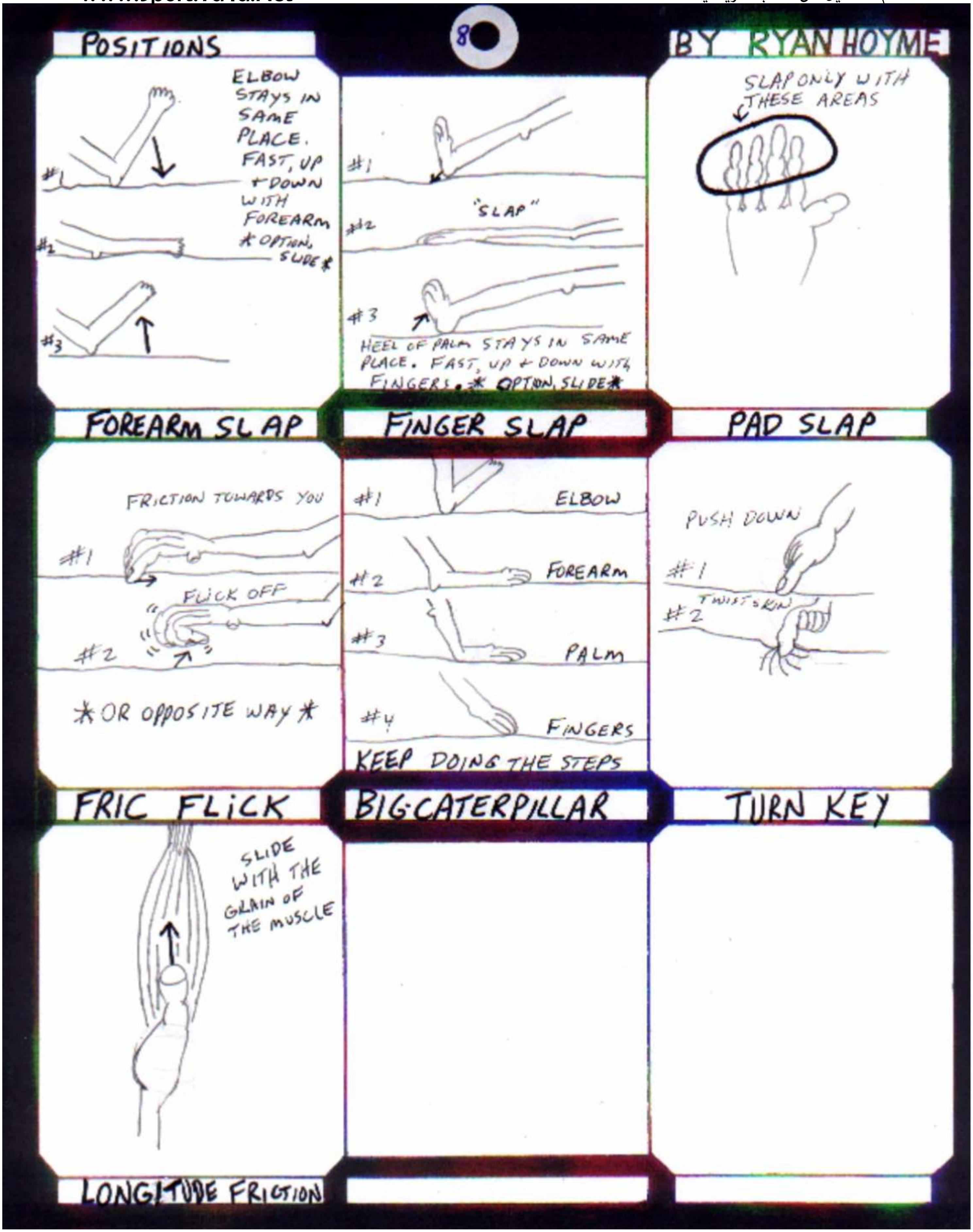

POSITIONS
3
BY RYAN HOYME
DON'T MOVE PALM
SLIDE FINGERS TO PALM
FINGER-PINCH
STRIKE WITH ULNA SIDE OF THE HAND
ALTERNATE
HACKING
HOLD HANDS TOGETHER LOOSE
R
L
HOLD TOGETHER
QUACKING
L
R
ALTERNATE
SLAPPING
L
R
HANDS CUPPED
ALTERNATE
CUPPING
L
R
TIPS OF FINGERS
ALTERNATE
TAPPING
L HARD
R LIGHT
TIPS OF FINGERS
ATERNATE
LUB-DUB
L
R
PICK UP SKIN
& PULL OFF FAST
ALTERNATE
PINCEMENT
L
R
ULNA SIDE OF HAND
ALTERNATE
LOOSE FIST BEATING


POSITIONS
4
BY RYAN HOYME
#1
#2
SLIDE THUMB
FINGERS #1
PALM #2
HEEL #3
SLIDE
R
L
ROLL TIP OF FINGERS
INCHING
CATERPILLAR
ALTERNATE
PIANO ROLL
R
L
KNUCKLES
R
POUND
SLIDE
L
#1
FIST
CUPPED
#2
FIST
FLAT
ALTERNATE
GORILLA PUNCH
DIFFUSED
SQUISHES
#1
PUSH IN
PULL UP
#2
PUSH IN + VIBRATE
#1
#2
PULL UP
TWIST KNUCKLES IN
#1
#2
PULL UP
WITH SOME
SKIN
PUSH IT
J-E-L-L-O
TWIST-N-SHOUT

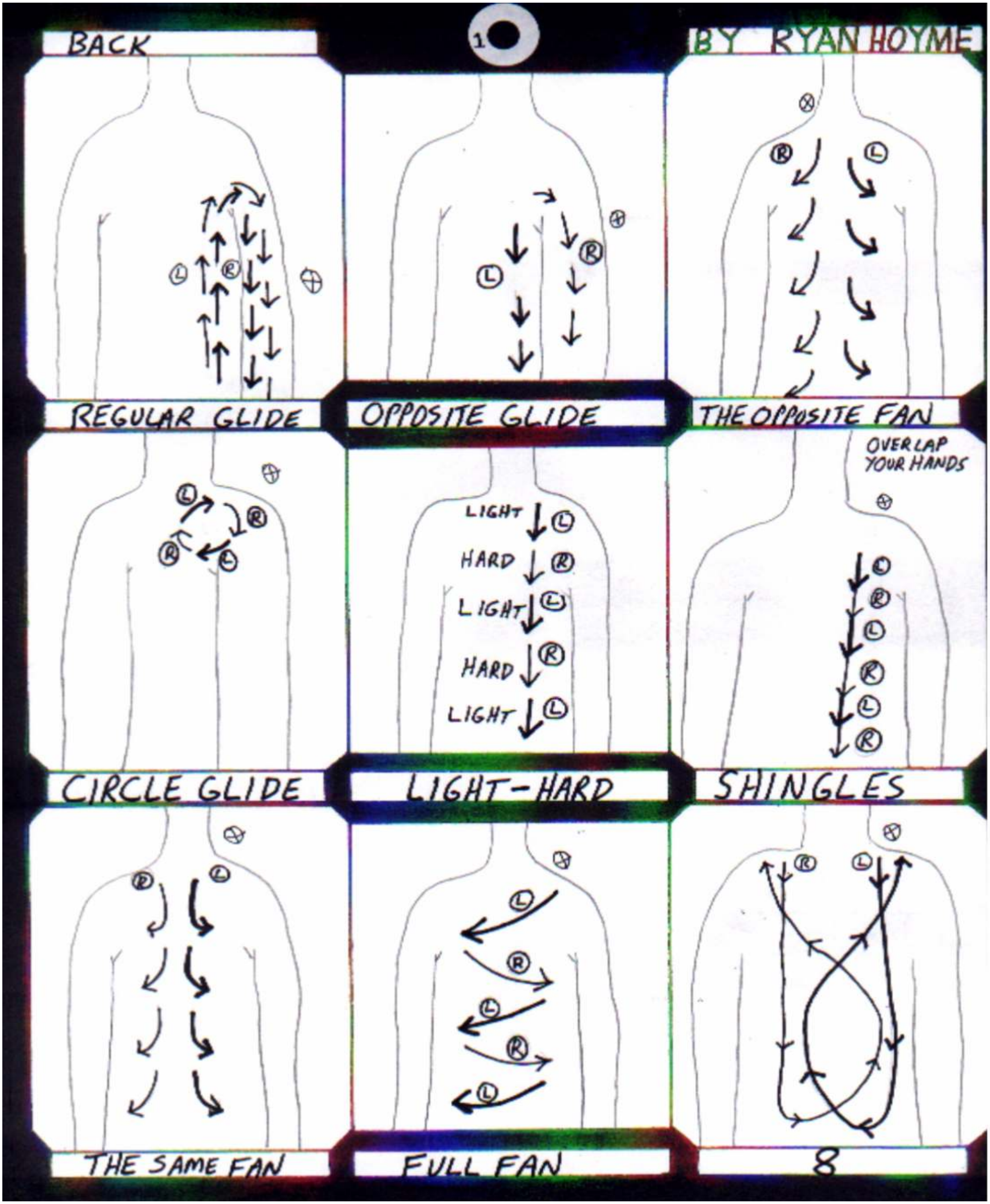

POSITIONS
5
BY RYAN HOYME
INTERLOCK FINGERS
HEEL OF PALM
PRAY FOR PAIN
SUPPORT KNUCKES
KNUCKLE POWER
SUPPORT ELBOW
ELBOW OUCH
SLIDE OVER MUSCLE GRAIN
CROSS MY FIBERS
STRAIGHT
THUMB POKE
THUMB X 2
Ⓡ HAND OVER Ⓛ THUMB
LOOK MA NO THUMB
PUSH THUMBS INTO EACH OTHER + SLIDE UP AT THE SAME TIME
2 THUMB SLIDE
Ⓡ HAND COVERING MOST OF THE Ⓛ THUMB
HOLD MY THUMB

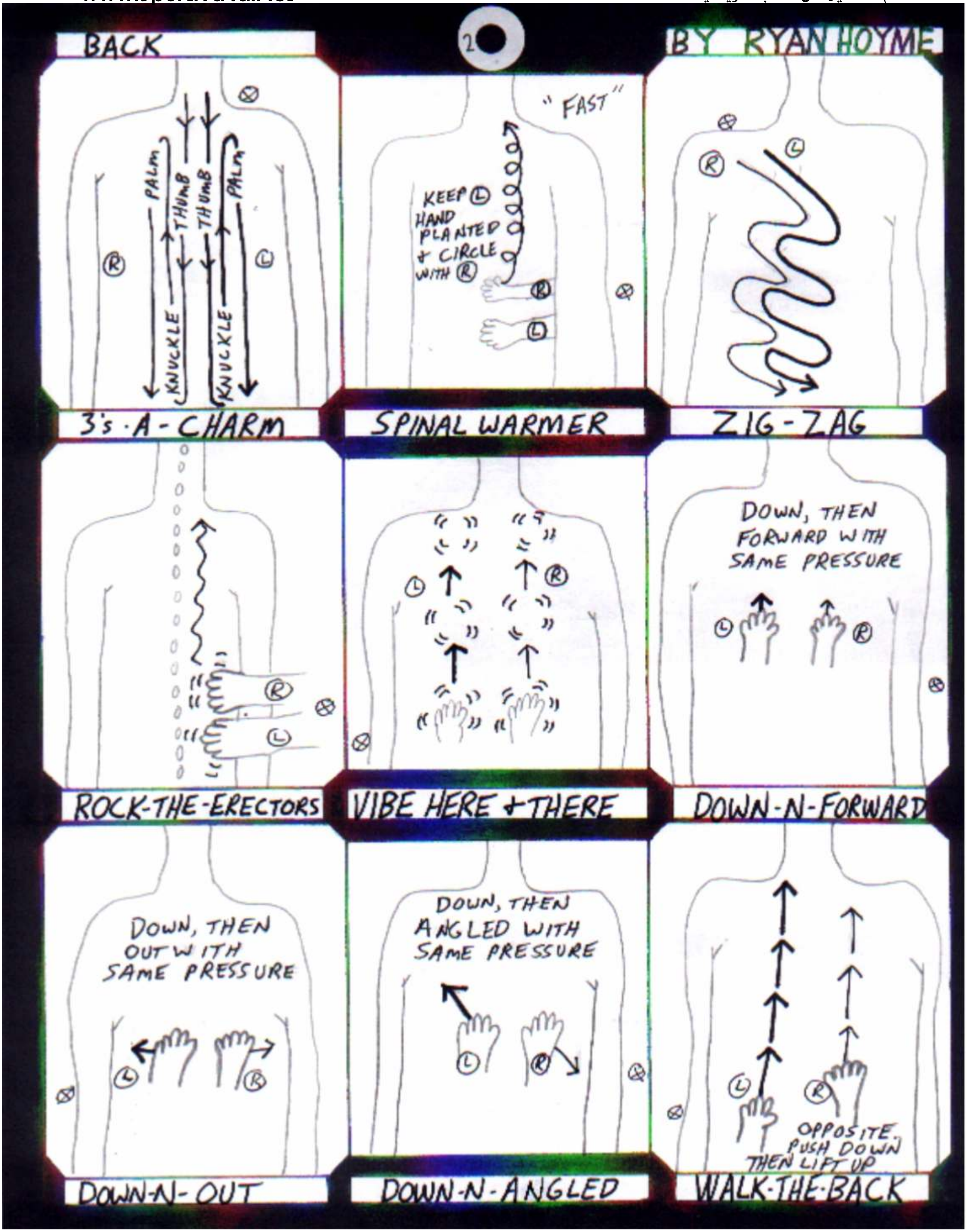

POSITIONS
6
BY RYAN HOYME
MIDDLE SUPPORTS INDEX
DOUBLE THUMB TURN
THUMB TURN
CAUGHT IN THE MIDDLE
Ⓡ FINGERS PUSHING INTO Ⓛ FINGERS
PULL UP SKIN
SLIDE UNDER
PULL UP
FINGER CAKE
UNDER WE GO
PINCH ME
RELAX YOUR WRIST
YOU CAN ALSO INTERLOCK FINGERS TO GIVE MORE PRESSURE
Ⓡ HAND PUSHING DOWN ON THE Ⓛ HAND
HEEL PRESS
HAND CAKE
HAND CROSS

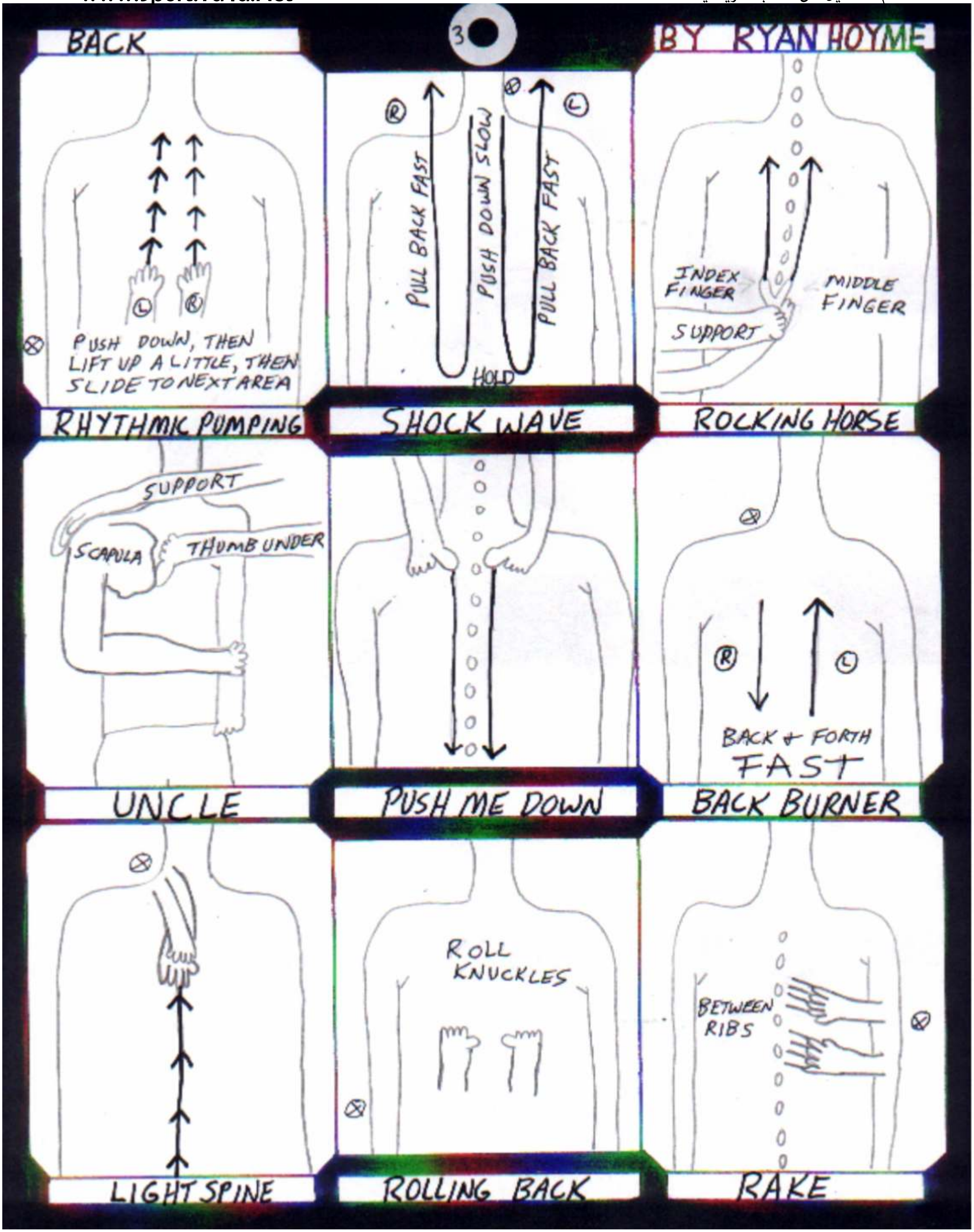

POSITIONS
7
BY RYAN HOYME
#1 FINGERS OPEN
#2 BRING TOGETHER + PINCH
ALL PINCH
BACK + FORTH, OPPOSITE
SAW
#1 PALM DOWN
#2 LIFT UP
#3 TOP OF HAND DOWN
"SLAP"
FLIP FLOP
#1 PICK UP SKIN
#2 HOLD IT
#3 SQUEEZE IT INTO AN "S" SHAPE
S
#1
ROLL SKIN FORWARD
#2
THEN, ROLL SKIN BACK OVER THUMBS
ROLL BACK
#1 PICK UP + PINCH SKIN
THEN, PINCH + SLIDE SKIN
#2
I
VIBRATE DOWN
#1
POP UP + FLICK TOWARDS YOU FAST
#2
FLICK THE JELLO
FLICK WRIST + HIT WITH YOUR SOFT PART OF YOUR FINGERS
(ALTERNATE)
KNUCKLE-FLICK
KEEP EXTENDED WRIST RELAXED
SUPPORT
VIBRATE
EXTEND WRIST + VIBRATE WITH HEEL OF PALM
HEEL VIBE

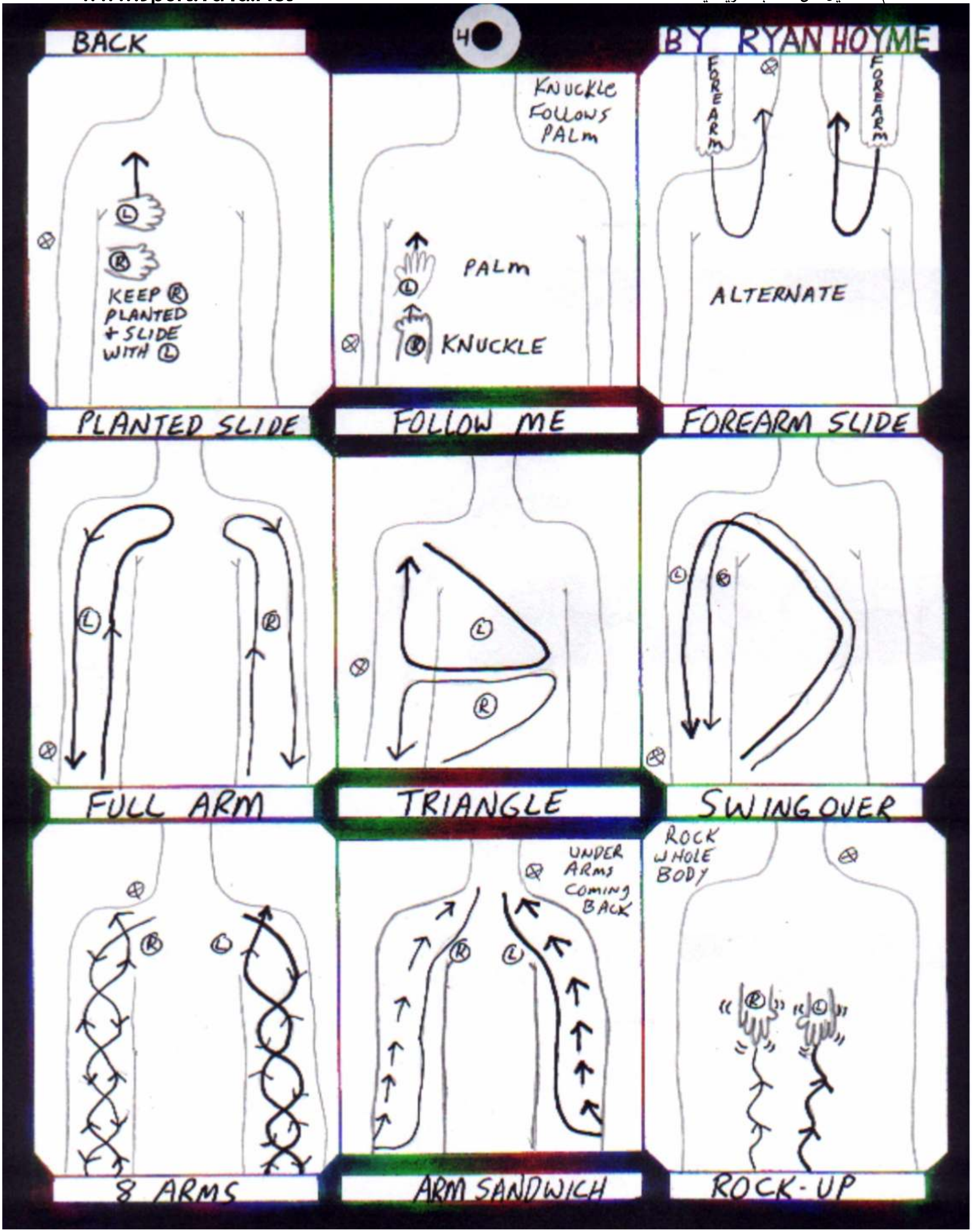

8
POSITIONS
BY RYAN HOYME
ELBOW STAYS IN SAME PLACE. FAST, UP + DOWN WITH FOREARM
* OPTION, SLIDE *
#1
#2
#3
"SLAP"
HEEL OF PALM STAYS IN SAME PLACE. FAST, UP + DOWN WITH FINGERS. * OPTION, SLIDE *
SLAP ONLY WITH THESE AREAS
FOREARM SLAP
FINGER SLAP
PAD SLAP
FRICTION TOWARDS YOU
FLICK OFF
* OR OPPOSITE WAY *
ELBOW
FOREARM
PALM
FINGERS
#4
KEEP DOING THE STEPS
PUSH DOWN
TWIST SKIN
FRIC FLICK
BIG CATERPILLAR
TURN KEY
SLIDE WITH THE GRAIN OF THE MUSCLE
LONGITUDE FRICTION

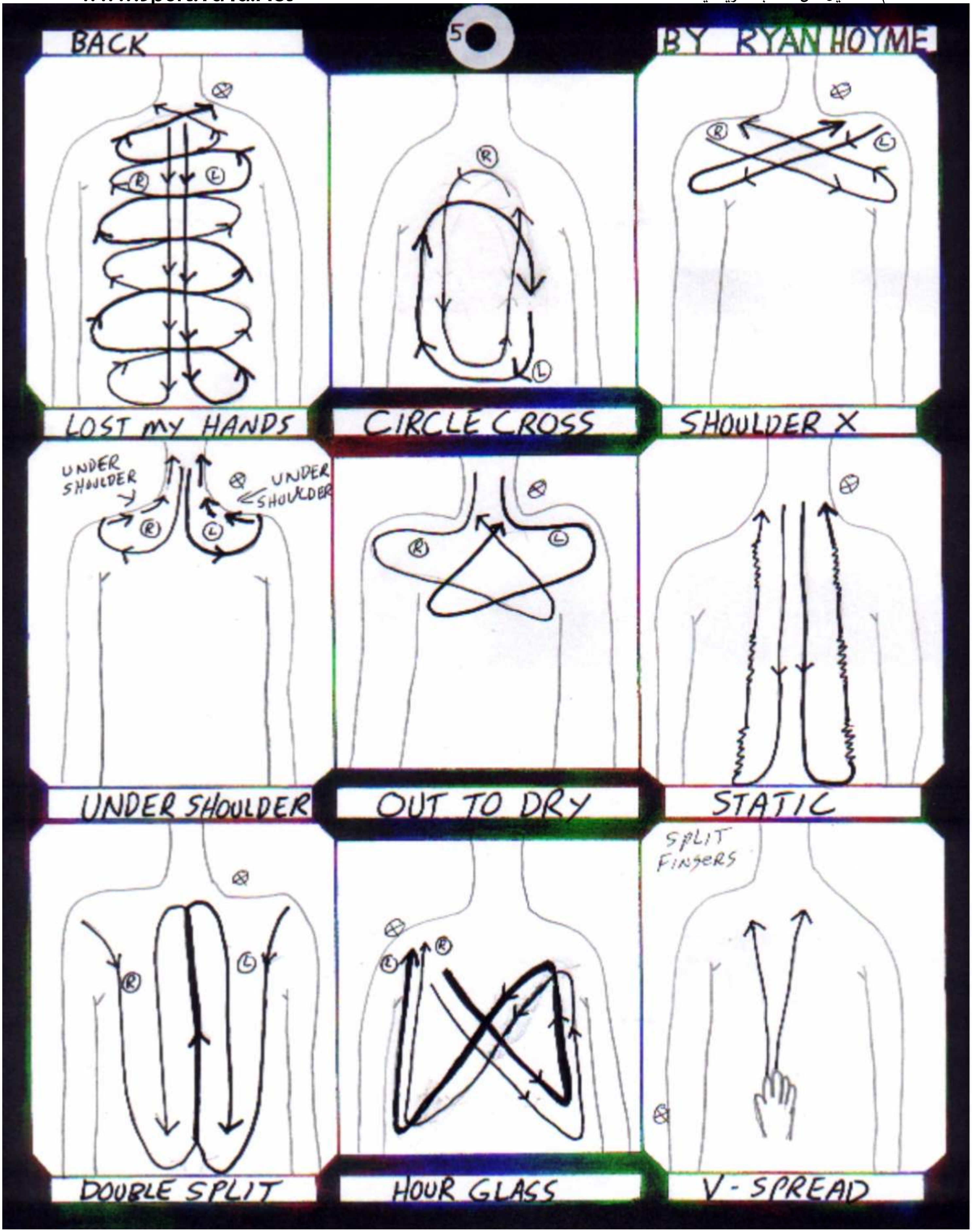
BACK

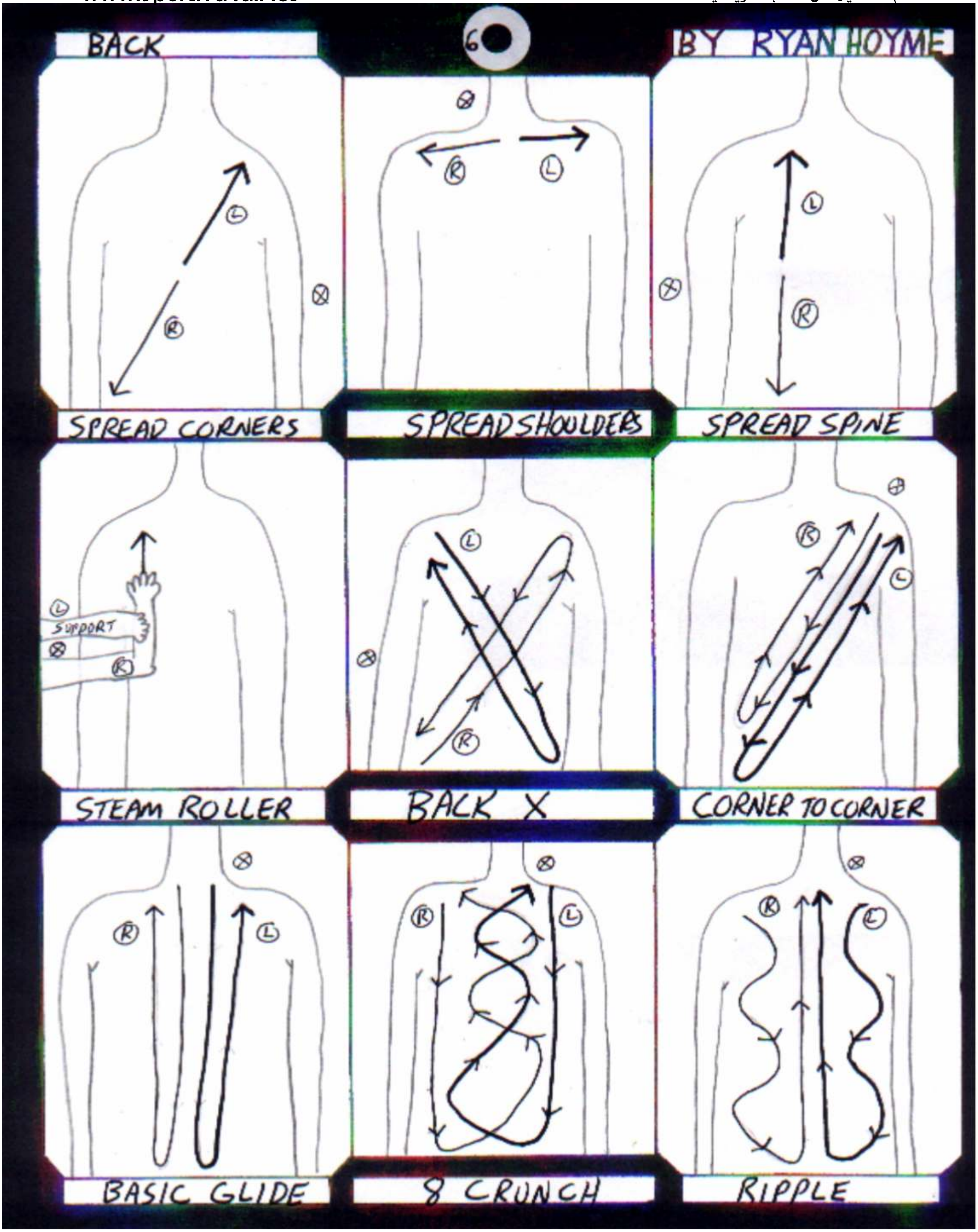

BACK
1
BY RYAN HOYME
REGULAR GLIDE
OPPOSITE GLIDE
THE OPPOSITE FAN
CIRCLE GLIDE
LIGHT
HARD
LIGHT
HARD
LIGHT
LIGHT-HARD
OVER LAP
YOUR HANDS
SHINGLES
THE SAME FAN
FULL FAN
8

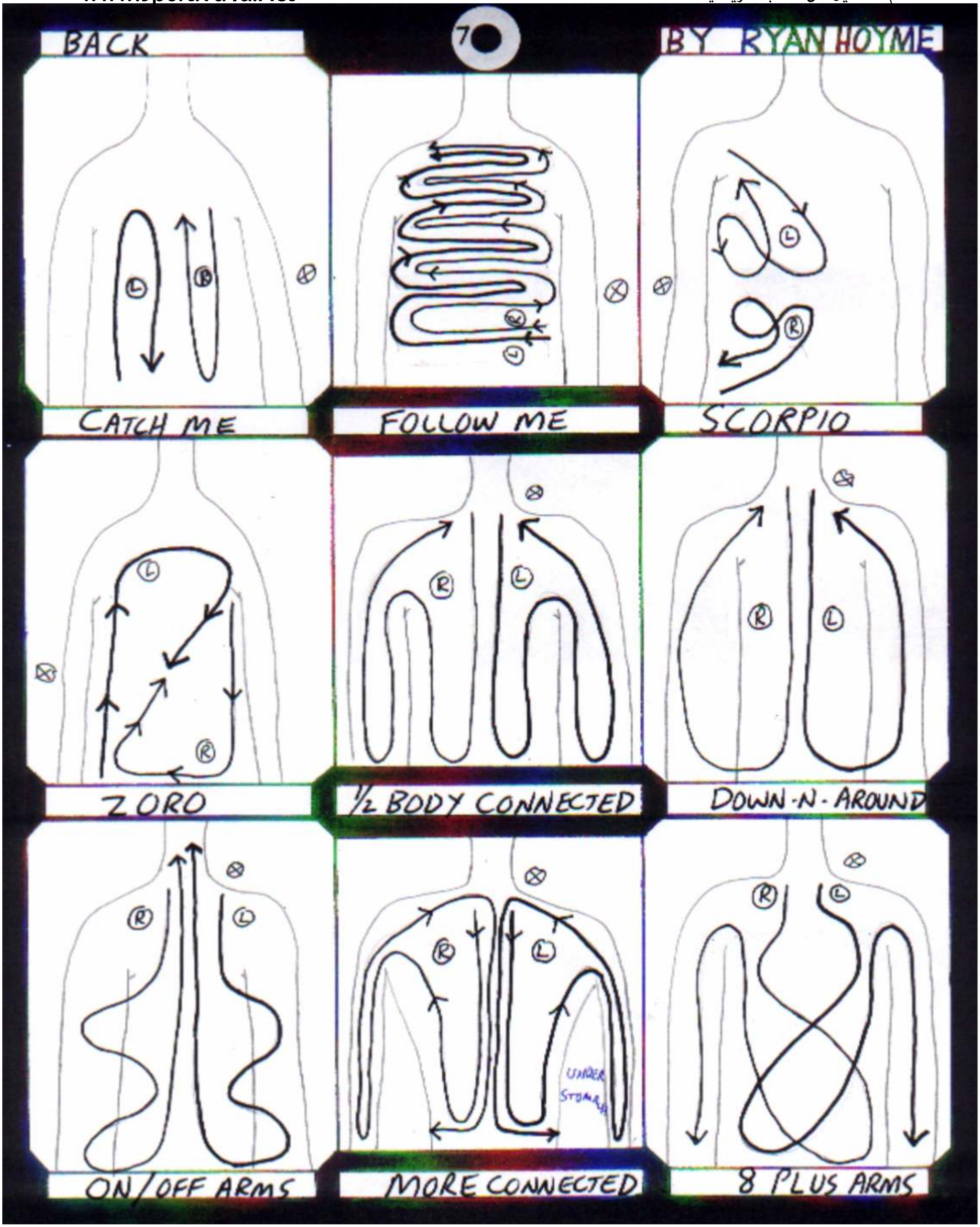

BACK
2
BY RYAN HOYME
PALM
THUMB
THUMB
PALM
KNUCKLE
KNUCKLE
3's · A - CHARM
"FAST"
KEEP Ⓛ HAND PLANTED + CIRCLE WITH Ⓡ
SPINAL WARMER
ZIG - ZAG
ROCK-THE-ERECTORS
VIBE HERE + THERE
DOWN, THEN FORWARD WITH SAME PRESSURE
DOWN-N-FORWARD
DOWN, THEN OUT WITH SAME PRESSURE
DOWN-N-OUT
DOWN, THEN ANGLED WITH SAME PRESSURE
DOWN-N-ANGLED
OPPOSITE PUSH DOWN THEN LIFT UP
WALK-THE-BACK

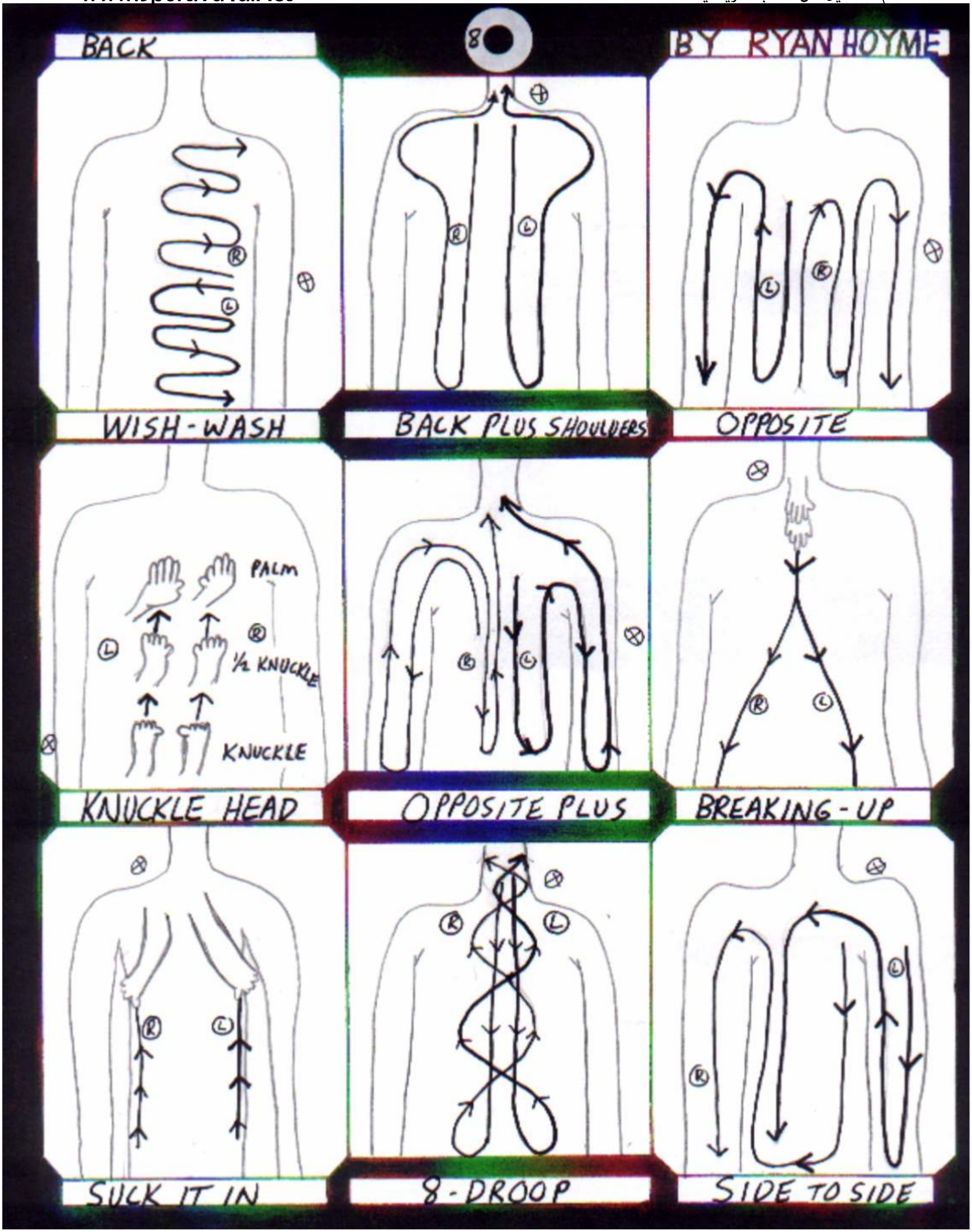

BACK
3
BY RYAN HOYME
PUSH DOWN, THEN LIFT UP A LITTLE, THEN SLIDE TO NEXT AREA
RHYTHMIC PUMPING
PULL BACK FAST
PUSH DOWN SLOW
PULL BACK FAST
HOLD
SHOCK WAVE
INDEX FINGER
MIDDLE FINGER
SUPPORT
ROCKING HORSE
SUPPORT
SCAPULA
THUMB UNDER
UNCLE
PUSH ME DOWN
BACK & FORTH FAST
BACK BURNER
LIGHT SPINE
ROLL KNUCKLES
ROLLING BACK
BETWEEN RIBS
RAKE

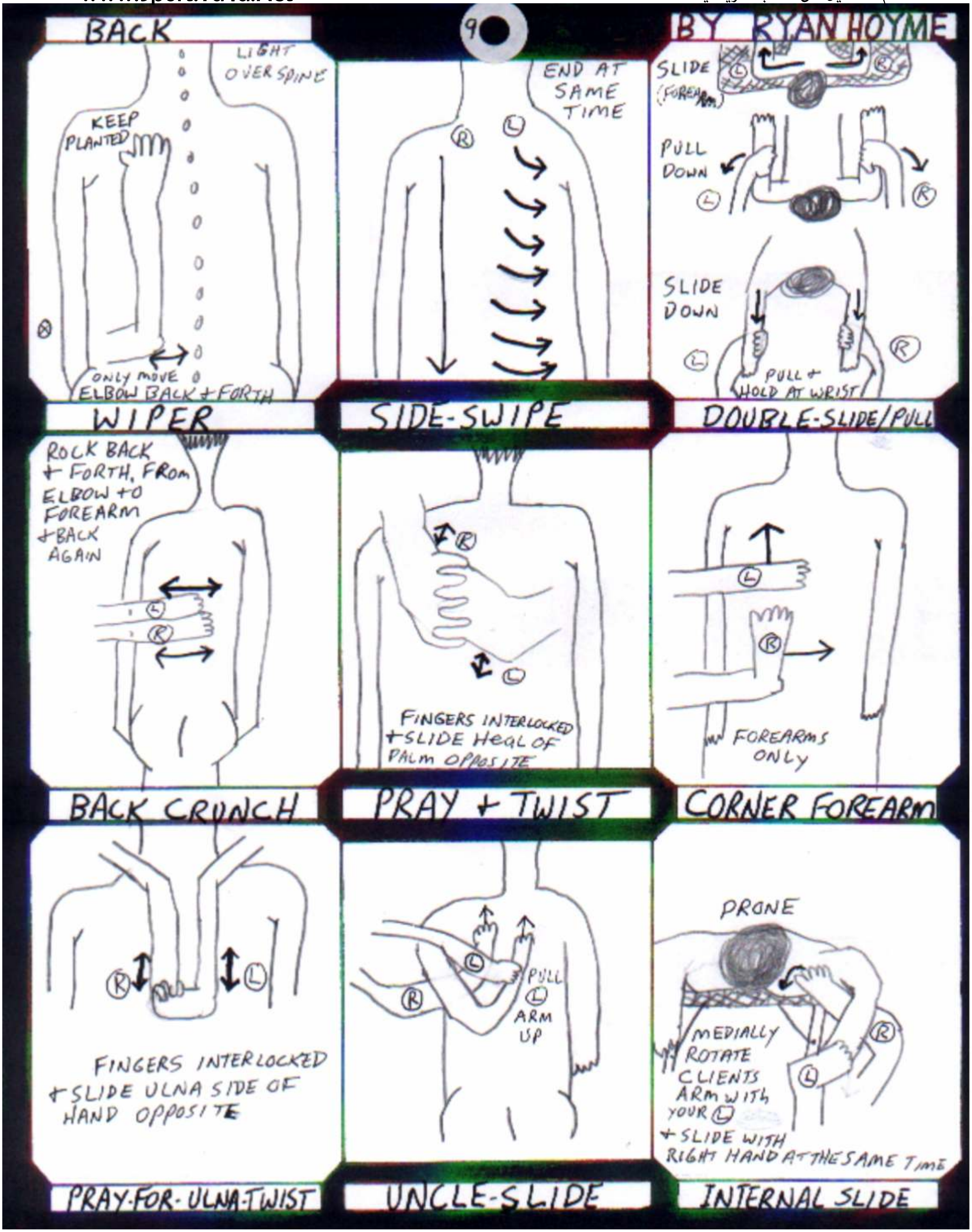

BACK
4
BY RYAN HOYME
KEEP Ⓡ PLANTED + SLIDE WITH Ⓛ
PLANTED SLIDE
KNUCKLE FOLLOWS PALM
PALM
KNUCKLE
FOLLOW ME
FOREARM
FOREARM
ALTERNATE
FOREARM SLIDE
FULL ARM
TRIANGLE
SWING OVER
8 ARMS
UNDER ARMS COMING BACK
ARM SANDWICH
ROCK WHOLE BODY
ROCK-UP

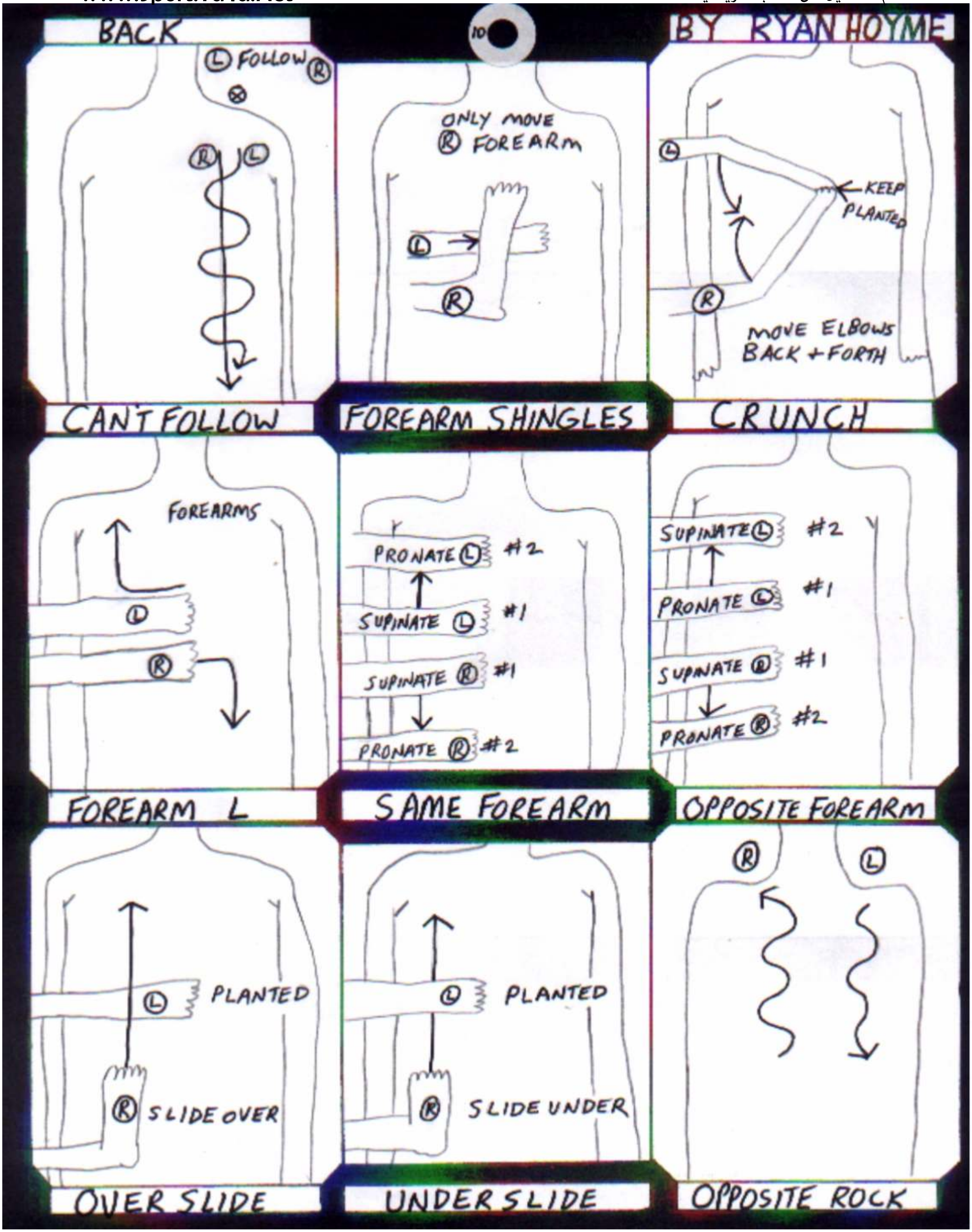

BACK
5
BY RYAN HOYME
LOST MY HANDS
CIRCLE CROSS
SHOULDER X
UNDER SHOULDER
UNDER SHOULDER
UNDER SHOULDER
OUT TO DRY
STATIC
SPLIT FINGERS
DOUBLE SPLIT
HOUR GLASS
V - SPREAD

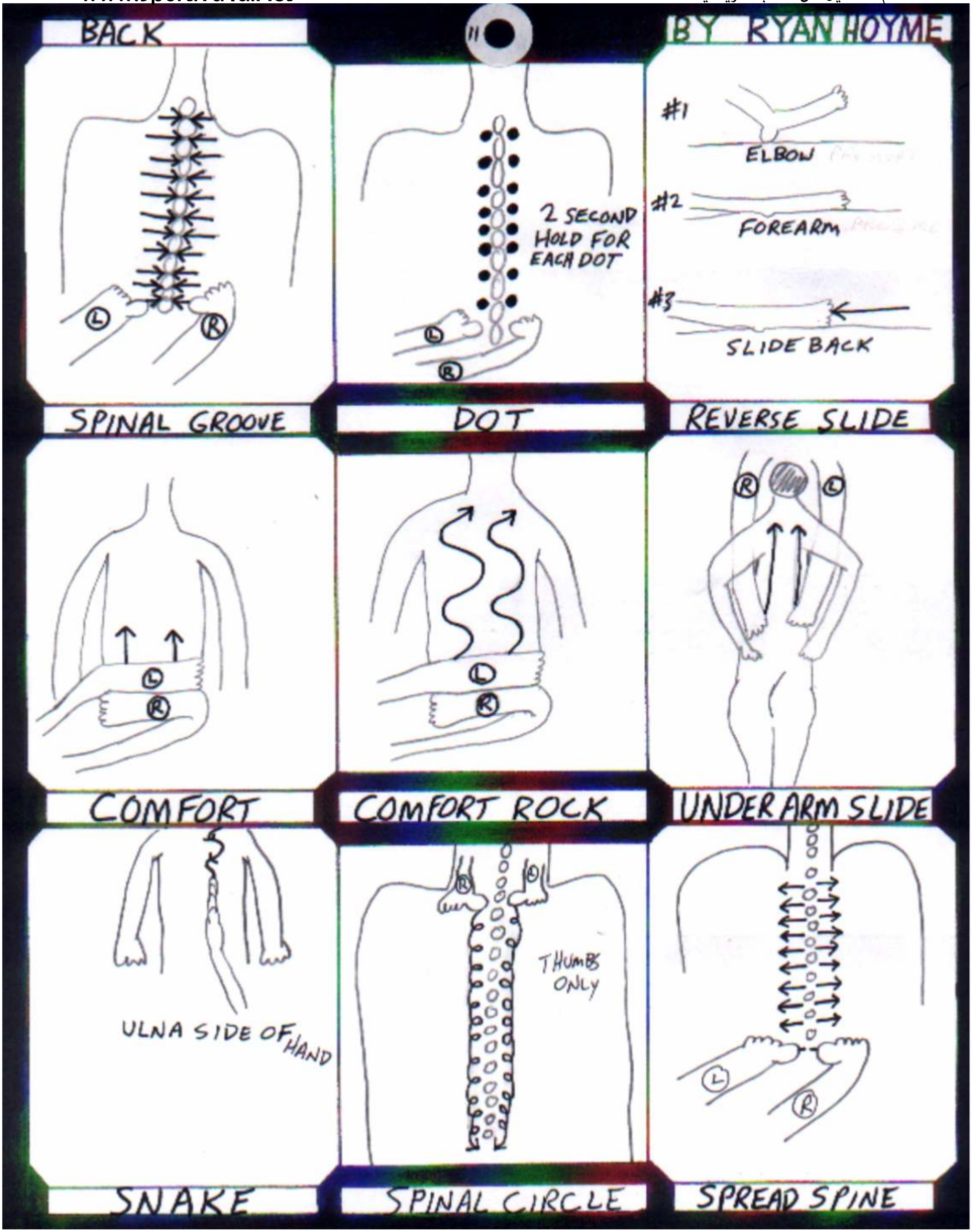

BACK
6
BY RYAN HOYME
SPREAD CORNERS
SPREAD SHOULDERS
SPREAD SPINE
SUPPORT
STEAM ROLLER
BACK X
CORNER TO CORNER
BASIC GLIDE
8 CRUNCH
RIPPLE

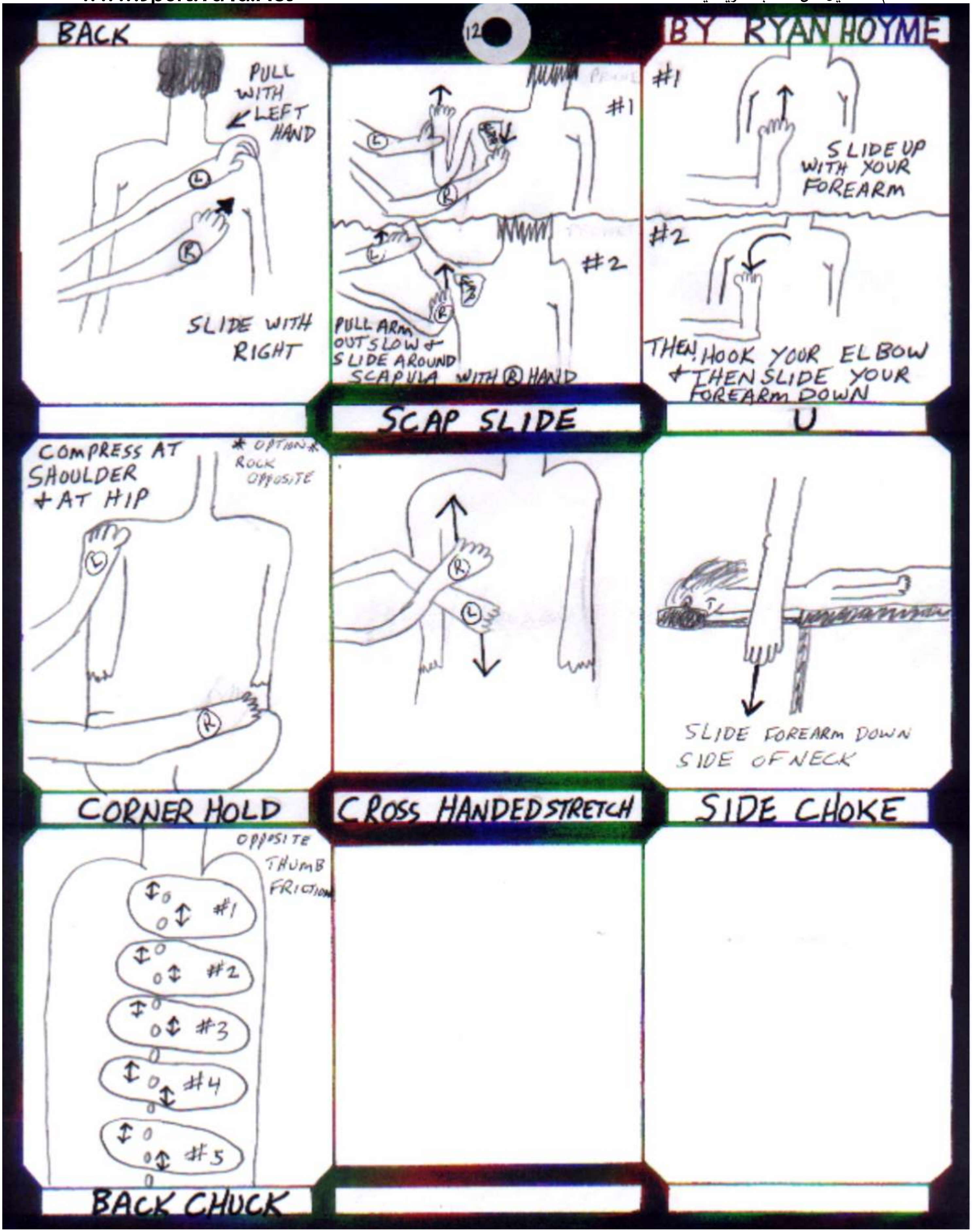

BACK
7
BY RYAN HOYME
CATCH ME
FOLLOW ME
SCORPIO
ZORO
1/2 BODY CONNECTED
DOWN-N-AROUND
ON/OFF ARMS
MORE CONNECTED
UNDER
8 PLUS ARMS


BACK
8
BY RYAN HOYME
WISH-WASH
BACK PLUS SHOULDERS
OPPOSITE
PALM
1/2 KNUCKLE
KNUCKLE
KNUCKLE HEAD
OPPOSITE PLUS
BREAKING-UP
SUCK IT IN
8-DROOP
SIDE TO SIDE

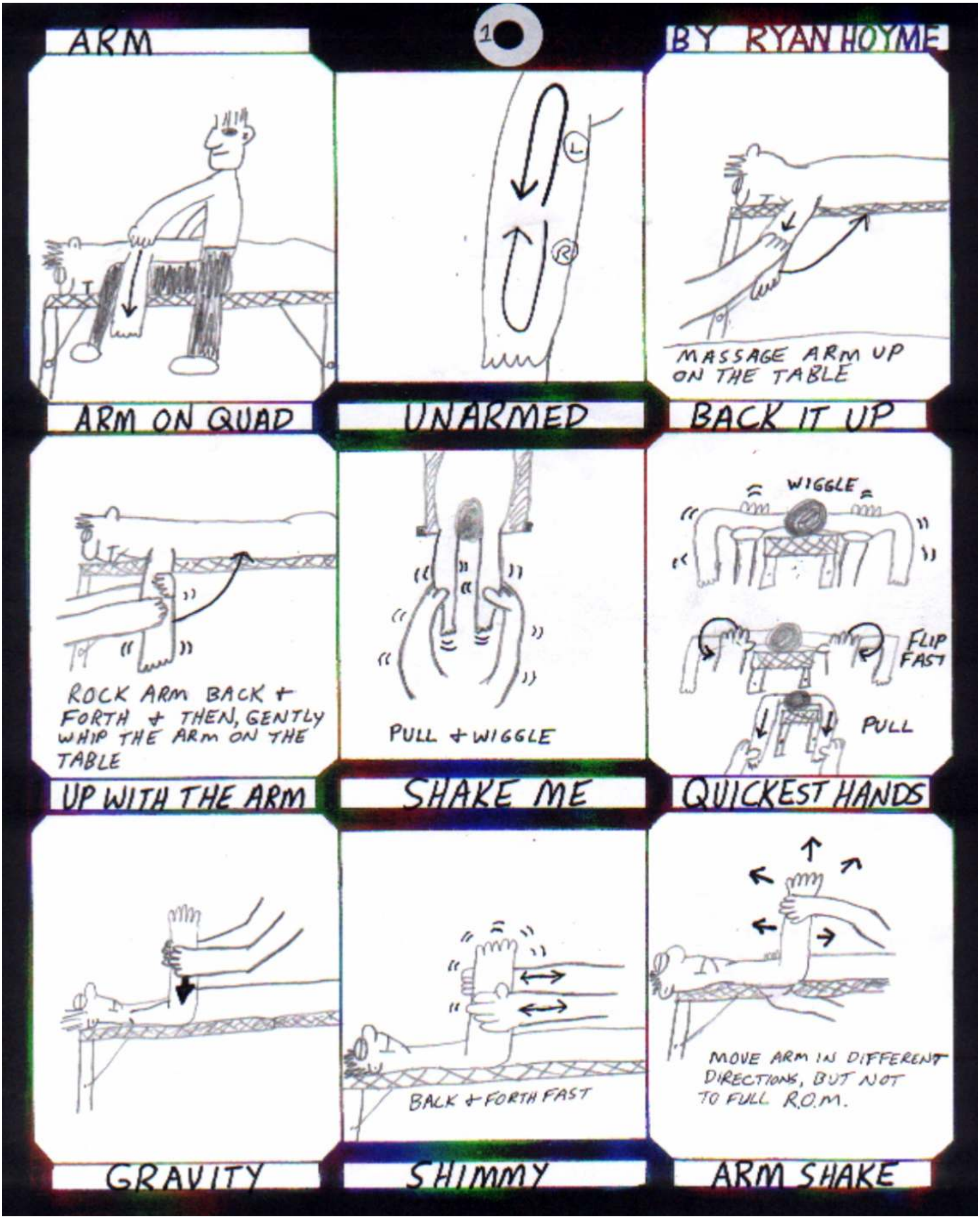

BACK
9
BY RYAN HOYME
LIGHT OVER SPINE
KEEP PLANTED
ONLY MOVE ELBOW BACK + FORTH
WIPER
END AT SAME TIME
SIDE-SWIPE
SLIDE (FOREARM)
PULL DOWN
SLIDE DOWN
PULL + HOLD AT WRIST
DOUBLE-SLIDE/PULL
ROCK BACK + FORTH, FROM ELBOW TO FOREARM + BACK AGAIN
BACK CRUNCH
FINGERS INTERLOCKED + SLIDE HEAL OF PALM OPPOSITE
PRAY + TWIST
FOREARMS ONLY
CORNER FOREARM
FINGERS INTERLOCKED + SLIDE ULNA SIDE OF HAND OPPOSITE
PRAY-FOR-ULNA-TWIST
PULL L ARM UP
UNCLE-SLIDE
PRONE
MEDIALLY ROTATE CLIENTS ARM WITH YOUR L + SLIDE WITH RIGHT HAND AT THE SAME TIME
INTERNAL SLIDE

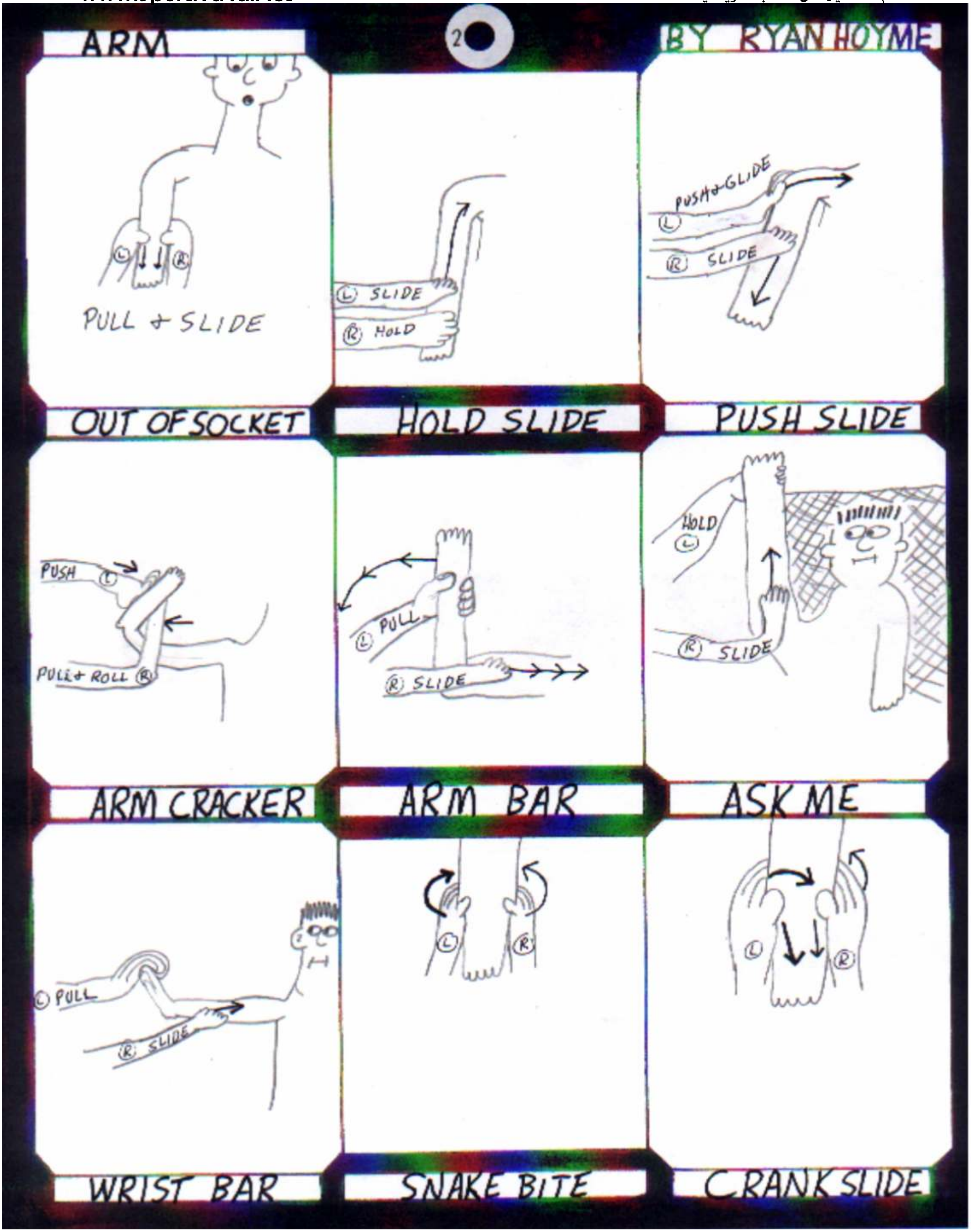

BACK
10
BY RYAN HOYME
Ⓛ FOLLOW Ⓡ
Ⓡ Ⓛ
CAN'T FOLLOW
ONLY MOVE
Ⓡ FOREARM
Ⓛ
Ⓡ
FOREARM SHINGLES
Ⓛ
KEEP PLANTED
Ⓡ
MOVE ELBOWS BACK + FORTH
CRUNCH
FOREARMS
Ⓛ
Ⓡ
FOREARM L
PRONATE Ⓛ #2
SUPINATE Ⓛ #1
SUPINATE Ⓡ #1
PRONATE Ⓡ #2
SAME FOREARM
SUPINATE Ⓛ #2
PRONATE Ⓛ #1
SUPINATE Ⓡ #1
PRONATE Ⓡ #2
OPPOSITE FOREARM
Ⓛ PLANTED
Ⓡ SLIDE OVER
OVER SLIDE
Ⓛ PLANTED
Ⓡ SLIDE UNDER
UNDER SLIDE
Ⓡ Ⓛ
OPPOSITE ROCK

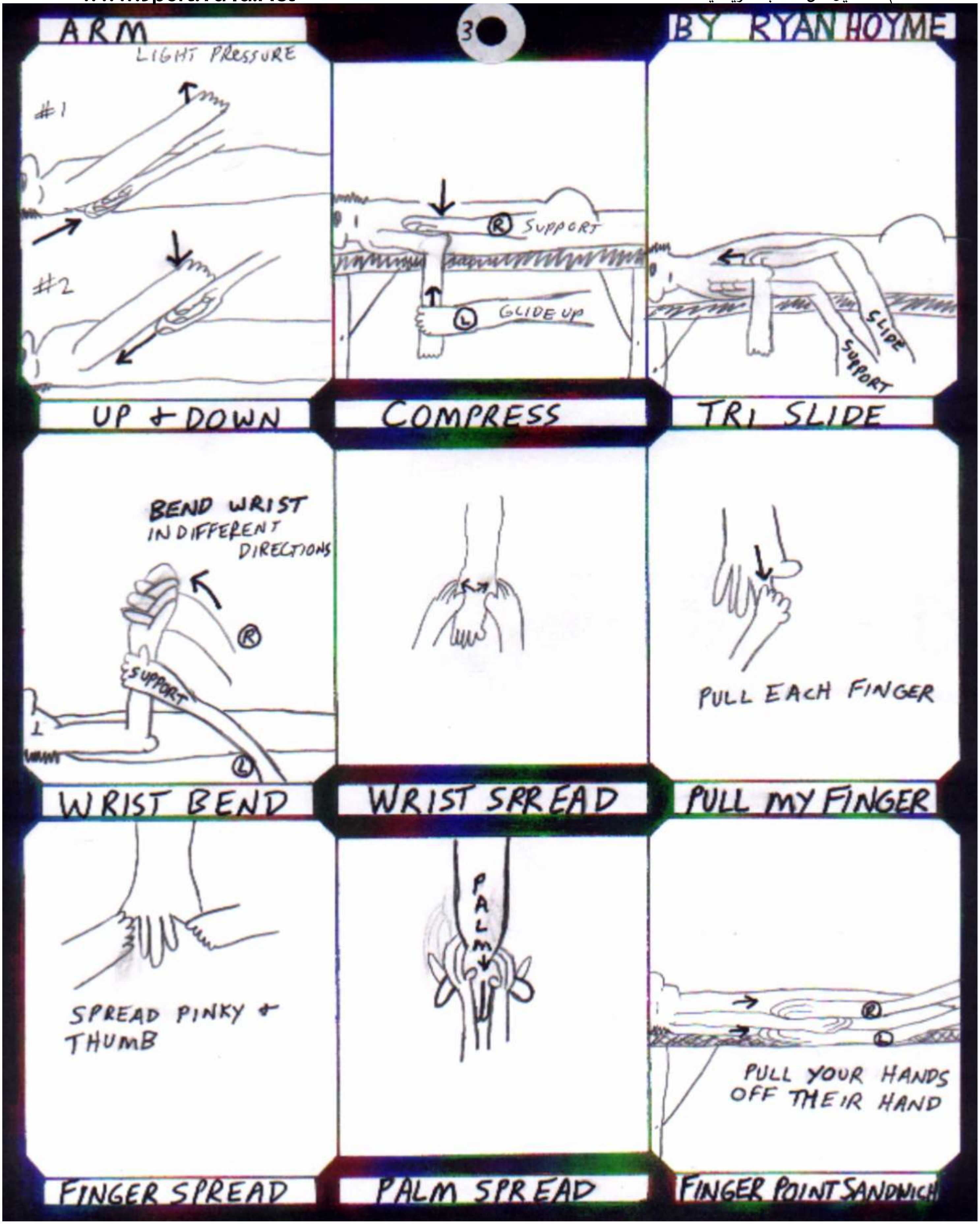

BACK
11
BY RYAN HOYME
#1
ELBOW
#2
FOREARM
#3
SLIDE BACK
2 SECOND HOLD FOR EACH DOT
SPINAL GROOVE
DOT
REVERSE SLIDE
COMFORT
COMFORT ROCK
UNDER ARM SLIDE
ULNA SIDE OF HAND
THUMBS ONLY
SNAKE
SPINAL CIRCLE
SPREAD SPINE

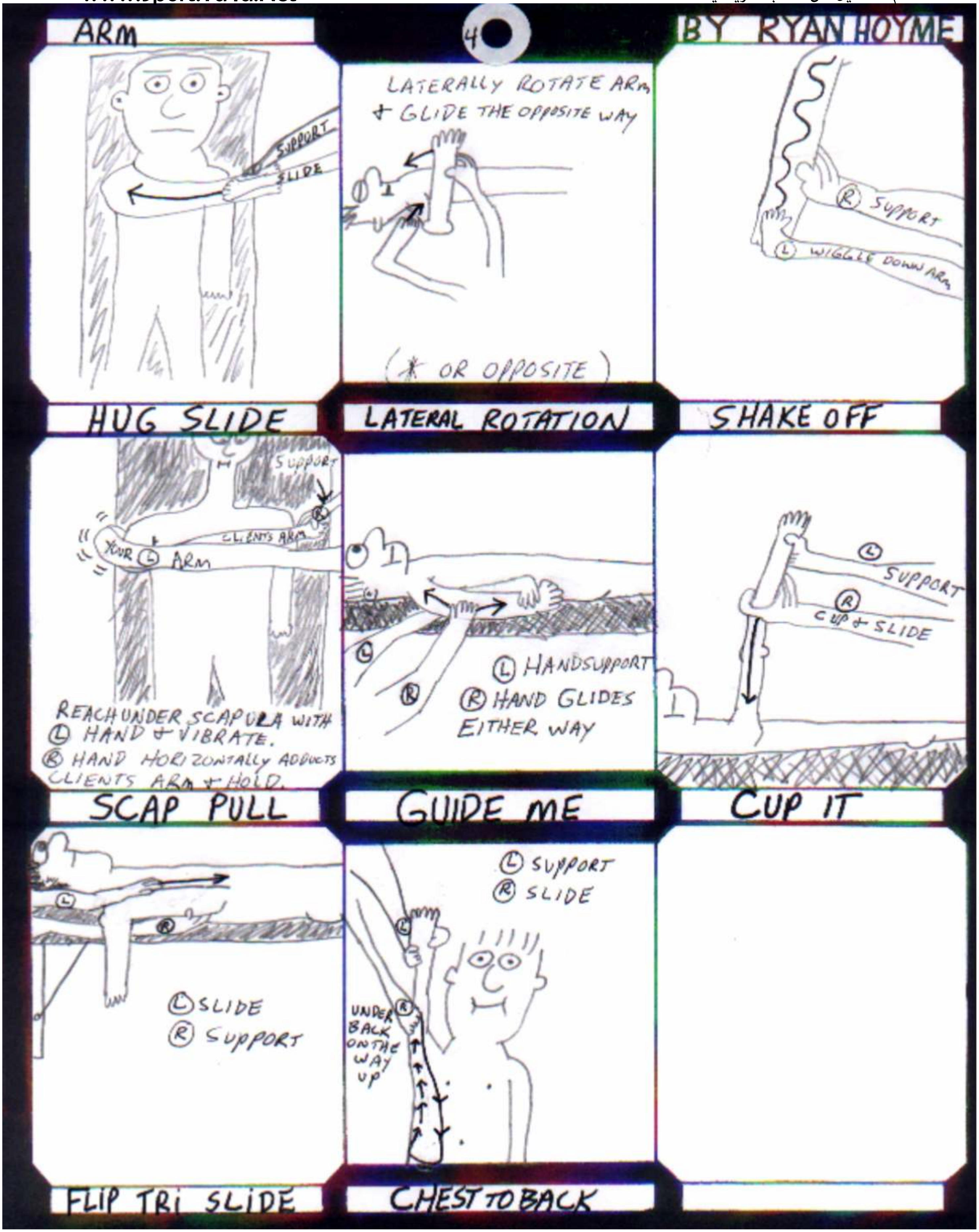

BACK
12
BY RYAN HOYME
PULL WITH LEFT HAND
SLIDE WITH RIGHT
#1
#2
PULL ARM OUT SLOW & SLIDE AROUND SCAPULA WITH (R) HAND
#1
SLIDE UP WITH YOUR FOREARM
#2
THEN HOOK YOUR ELBOW & THEN SLIDE YOUR FOREARM DOWN
SCAP SLIDE
U
COMPRESS AT SHOULDER & AT HIP
OPTION ROCK OPPOSITE
SLIDE FOREARM DOWN SIDE OF NECK
CORNER HOLD
CROSS HANDED STRETCH
SIDE CHOKE
OPPOSITE THUMB FRICTION
#1
#2
#3
#4
#5
BACK CHUCK

ARM

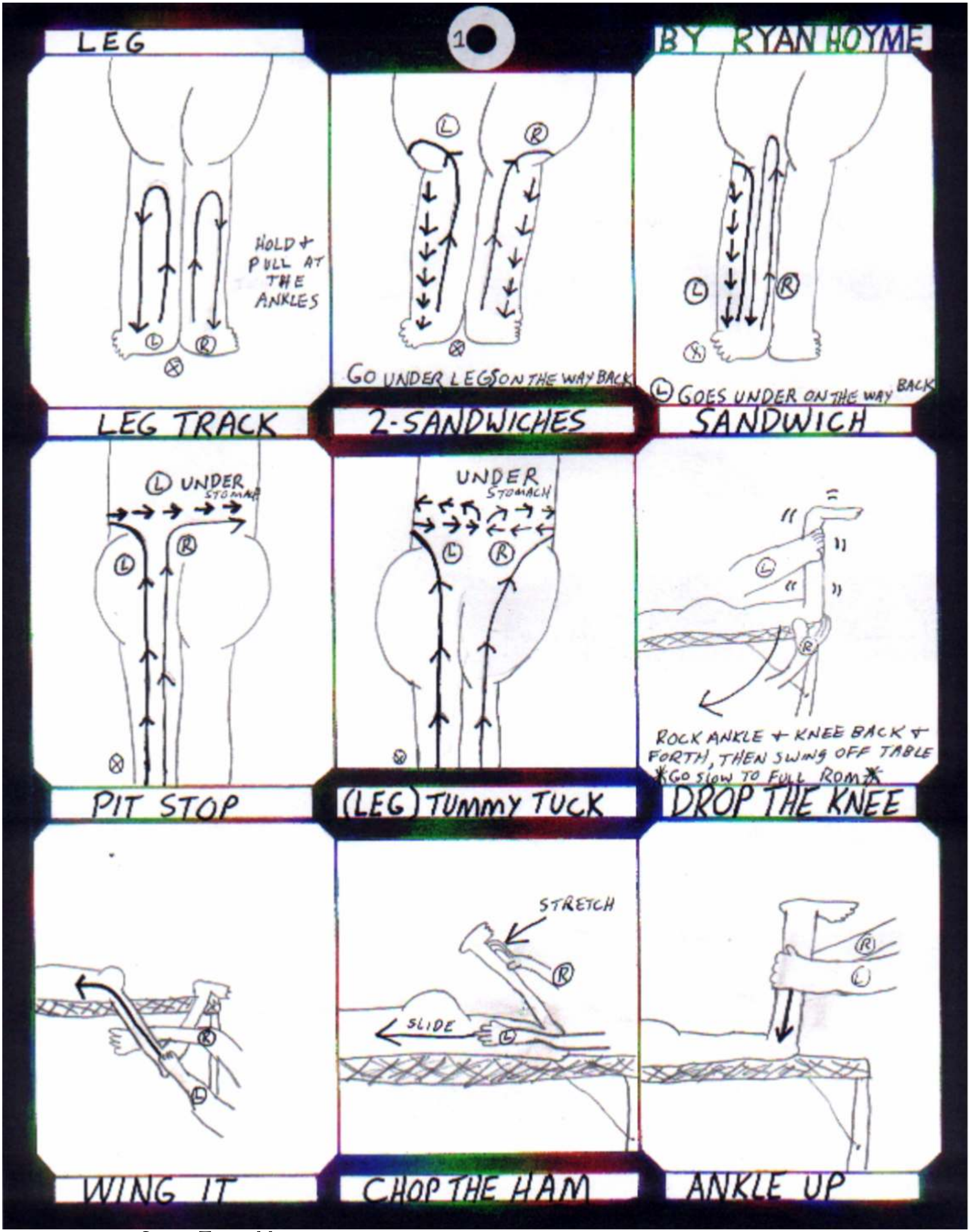

ARM
1
BY RYAN HOYME
ARM ON QUAD
L
R
UNARMED
MASSAGE ARM UP ON THE TABLE
BACK IT UP
ROCK ARM BACK + FORTH + THEN, GENTLY WHIP THE ARM ON THE TABLE
UP WITH THE ARM
PULL + WIGGLE
SHAKE ME
WIGGLE
FLIP FAST
PULL
QUICKEST HANDS
GRAVITY
BACK + FORTH FAST
SHIMMY
MOVE ARM IN DIFFERENT DIRECTIONS, BUT NOT TO FULL R.O.M.
ARM SHAKE

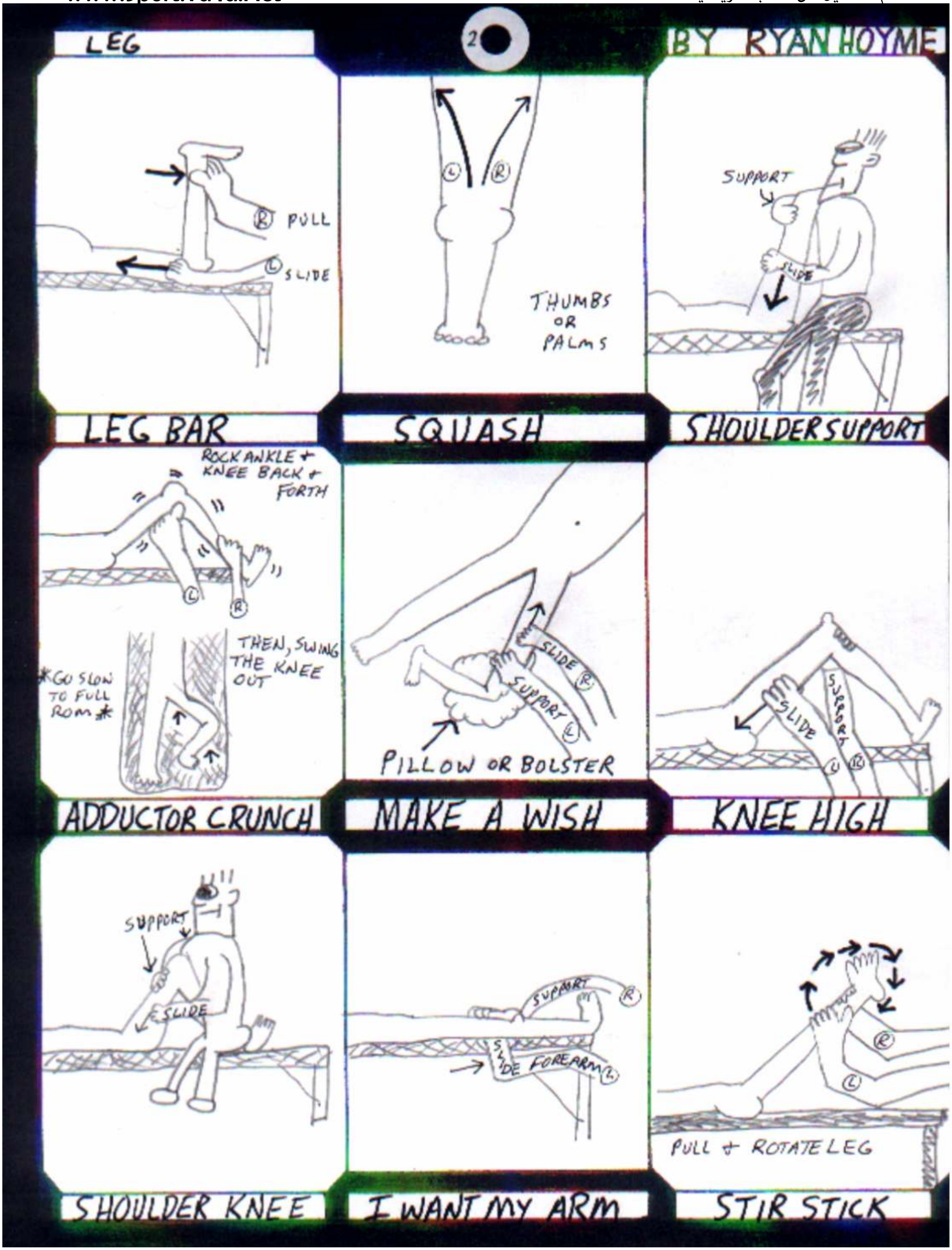

ARM
2
BY RYAN HOYME
L
R
PULL + SLIDE
L SLIDE
R HOLD
PUSH+GLIDE
L
R SLIDE
OUT OF SOCKET
HOLD SLIDE
PUSH SLIDE
PUSH L
PULL+ROLL R
L PULL
R SLIDE
HOLD L
R SLIDE
ARM CRACKER
ARM BAR
ASK ME
L PULL
R SLIDE
L
R
L
R
WRIST BAR
SNAKE BITE
CRANK SLIDE

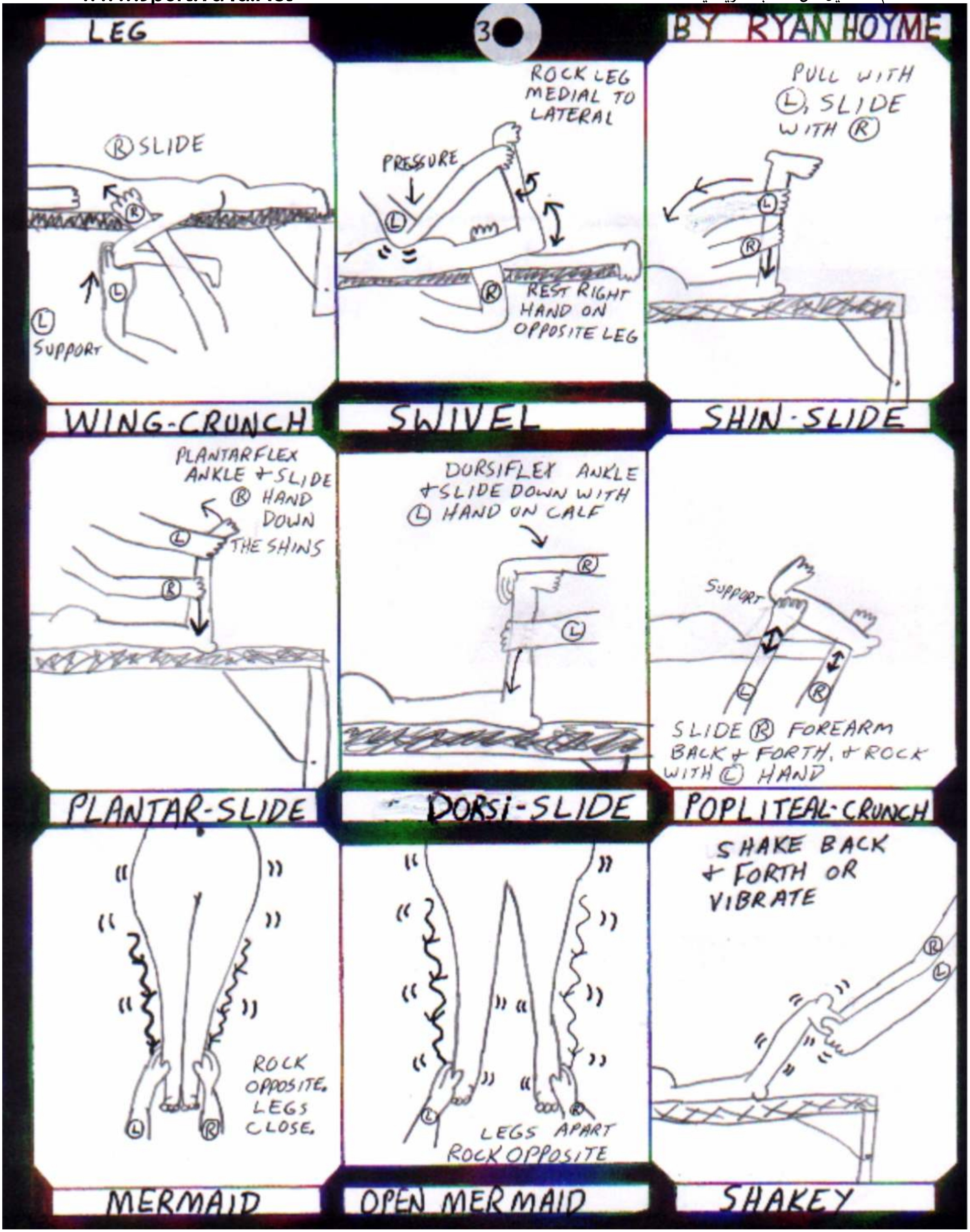

ARM
3
BY RYAN HOYME
LIGHT PRESSURE
#1
#2
UP + DOWN
SUPPORT
GLIDE UP
COMPRESS
SLIDE
SUPPORT
TRI SLIDE
BEND WRIST IN DIFFERENT DIRECTIONS
SUPPORT
WRIST BEND
WRIST SPREAD
PULL EACH FINGER
PULL MY FINGER
SPREAD PINKY + THUMB
FINGER SPREAD
PALM
PALM SPREAD
PULL YOUR HANDS OFF THEIR HAND
FINGER POINT SANDWICH

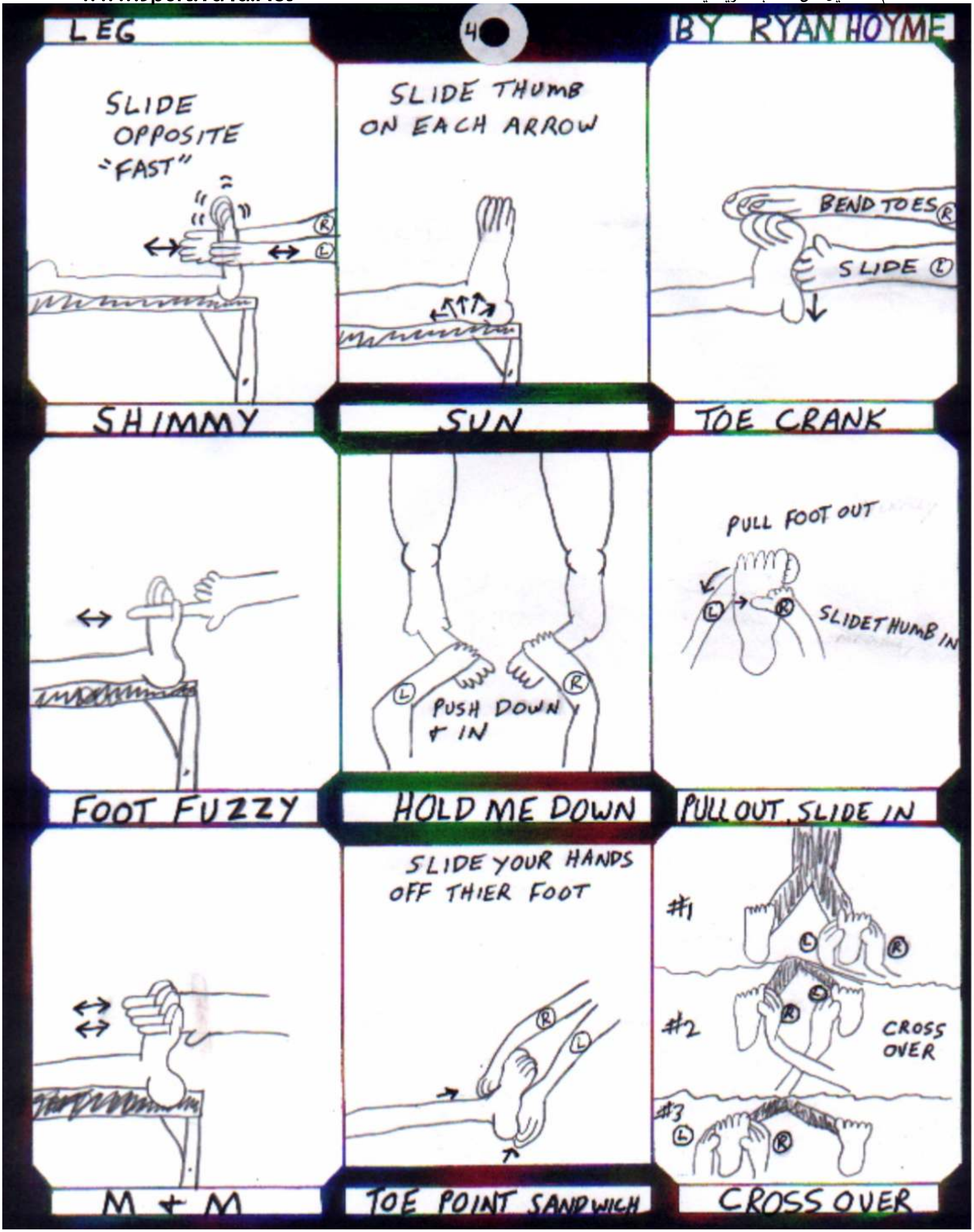

ARM
4
BY RYAN HOYME
SUPPORT
SLIDE
LATERALLY ROTATE ARM
+ GLIDE THE OPPOSITE WAY
(OR OPPOSITE)
R SUPPORT
L WIGGLE DOWN ARM
HUG SLIDE
LATERAL ROTATION
SHAKE OFF
SUPPORT
CLIENTS ARM
YOUR L ARM
REACH UNDER SCAPULA WITH L HAND + VIBRATE.
R HAND HORIZONTALLY ADDUCTS CLIENTS ARM + HOLD.
L HANDSUPPORT
R HAND GLIDES EITHER WAY
L SUPPORT
R CUP + SLIDE
SCAP PULL
GUIDE ME
CUP IT
L SUPPORT
R SLIDE
L SLIDE
R SUPPORT
UNDER BACK ON THE WAY UP
FLIP TRI SLIDE
CHEST TO BACK

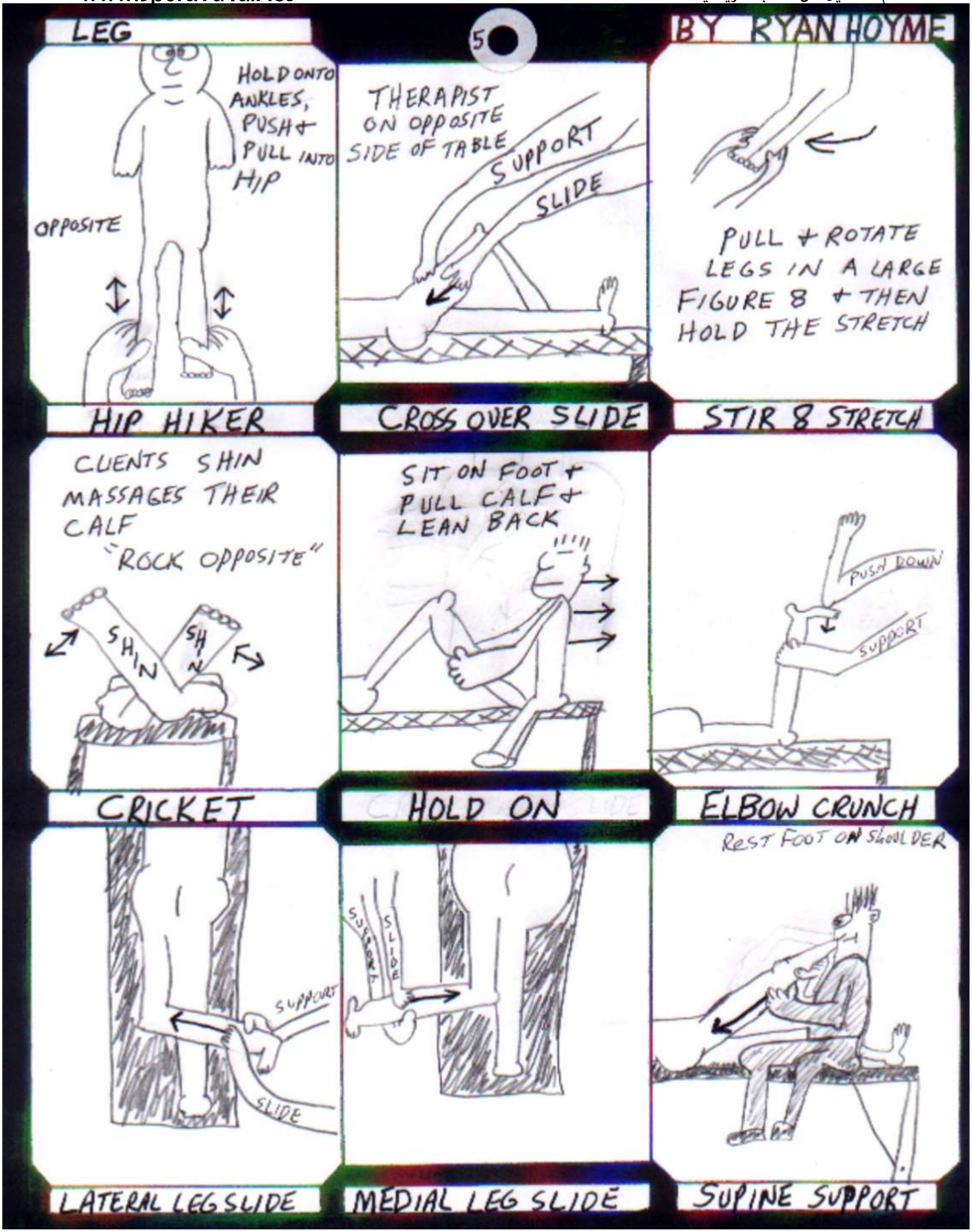
LEG


LEG
1
BY RYAN HOYME
HOLD + PULL AT THE ANKLES
LEG TRACK
GO UNDER LEGS ON THE WAY BACK
2-SANDWICHES
(L) GOES UNDER ON THE WAY BACK
SANDWICH
(L) UNDER STOMACH
PIT STOP
UNDER STOMACH
(LEG) TUMMY TUCK
ROCK ANKLE + KNEE BACK + FORTH, THEN SWING OFF TABLE
GO SLOW TO FULL ROM
DROP THE KNEE
WING IT
STRETCH
SLIDE
CHOP THE HAM
ANKLE UP

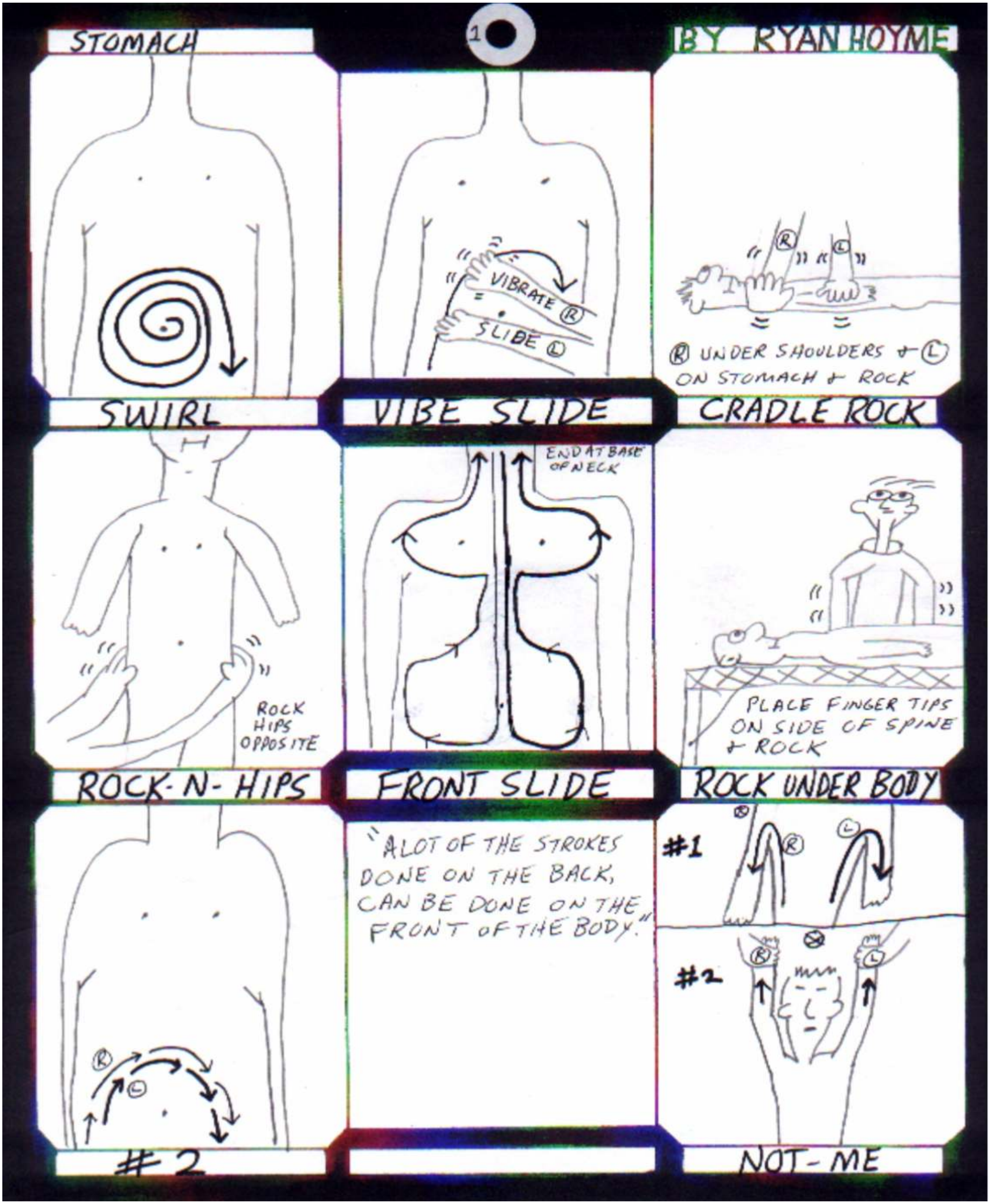

LEG
2
BY RYAN HOYME
Ⓡ PULL
Ⓛ SLIDE
LEG BAR
Ⓛ Ⓡ
THUMBS OR PALMS
SQUASH
SUPPORT
SLIDE
SHOULDER SUPPORT
ROCK ANKLE + KNEE BACK + FORTH
Ⓛ Ⓡ
THEN, SWING THE KNEE OUT
GO SLOW TO FULL ROM
ADDUCTOR CRUNCH
SLIDE Ⓡ
SUPPORT Ⓛ
PILLOW OR BOLSTER
MAKE A WISH
SLIDE
SUPPORT
Ⓛ Ⓡ
KNEE HIGH
SUPPORT
SLIDE
SHOULDER KNEE
SUPPORT Ⓡ
SLIDE FOREARM Ⓛ
I WANT MY ARM
Ⓡ
Ⓛ
PULL + ROTATE LEG
STIR STICK

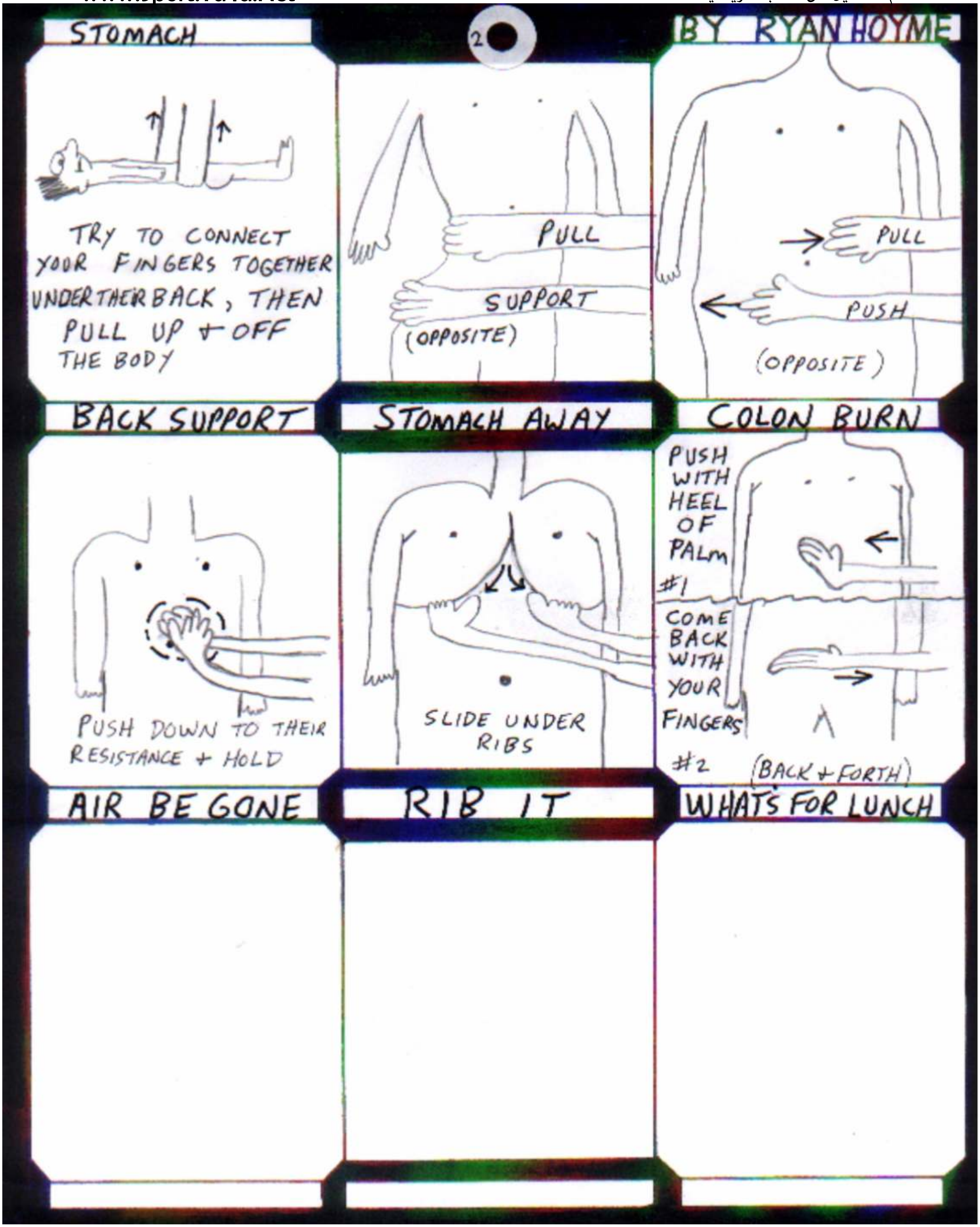

LEG
3
BY RYAN HOYME
R SLIDE
L SUPPORT
WING-CRUNCH
ROCK LEG MEDIAL TO LATERAL
PRESSURE
REST RIGHT HAND ON OPPOSITE LEG
SWIVEL
PULL WITH L, SLIDE WITH R
SHIN-SLIDE
PLANTARFLEX ANKLE + SLIDE R HAND DOWN THE SHINS
PLANTAR-SLIDE
DORSIFLEX ANKLE + SLIDE DOWN WITH L HAND ON CALF
DORSI-SLIDE
SUPPORT
SLIDE R FOREARM BACK + FORTH, + ROCK WITH L HAND
POPLITEAL-CRUNCH
ROCK OPPOSITE. LEGS CLOSE.
MERMAID
LEGS APART ROCK OPPOSITE
OPEN MERMAID
SHAKE BACK + FORTH OR VIBRATE
SHAKEY


LEG
4
BY RYAN HOYME
SLIDE OPPOSITE "FAST"
SHIMMY
SLIDE THUMB ON EACH ARROW
SUN
BEND TOES
SLIDE
TOE CRANK
FOOT FUZZY
PUSH DOWN + IN
HOLD ME DOWN
PULL FOOT OUT
SLIDE THUMB IN
PULL OUT, SLIDE IN
M + M
SLIDE YOUR HANDS OFF THIER FOOT
TOE POINT SANDWICH
#1
#2
CROSS OVER
#3
CROSS OVER

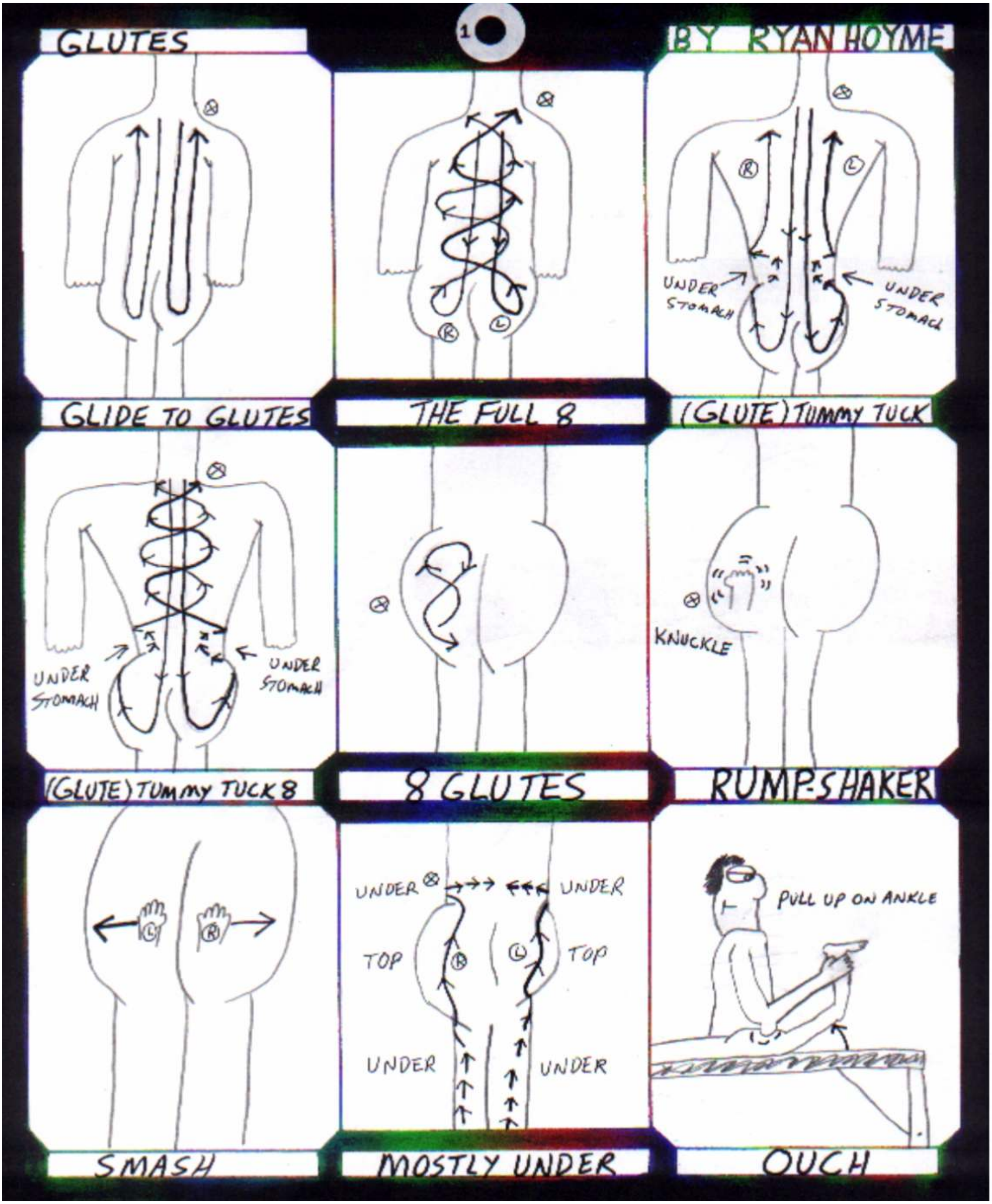

LEG
5
BY RYAN HOYME
HOLD ONTO ANKLES, PUSH + PULL INTO HIP
OPPOSITE
HIP HIKER
THERAPIST ON OPPOSITE SIDE OF TABLE
SUPPORT
SLIDE
CROSS OVER SLIDE
PULL + ROTATE LEGS IN A LARGE FIGURE 8 + THEN HOLD THE STRETCH
STIR 8 STRETCH
CLIENTS SHIN MASSAGES THEIR CALF "ROCK OPPOSITE"
SHIN
SHIN
CRICKET
SIT ON FOOT + PULL CALF + LEAN BACK
HOLD ON
PUSH DOWN
SUPPORT
ELBOW CRUNCH
REST FOOT ON SHOULDER
SUPPORT
SLIDE
LATERAL LEG SLIDE
SUPPORT
SLIDE
MEDIAL LEG SLIDE
SUPINE SUPPORT

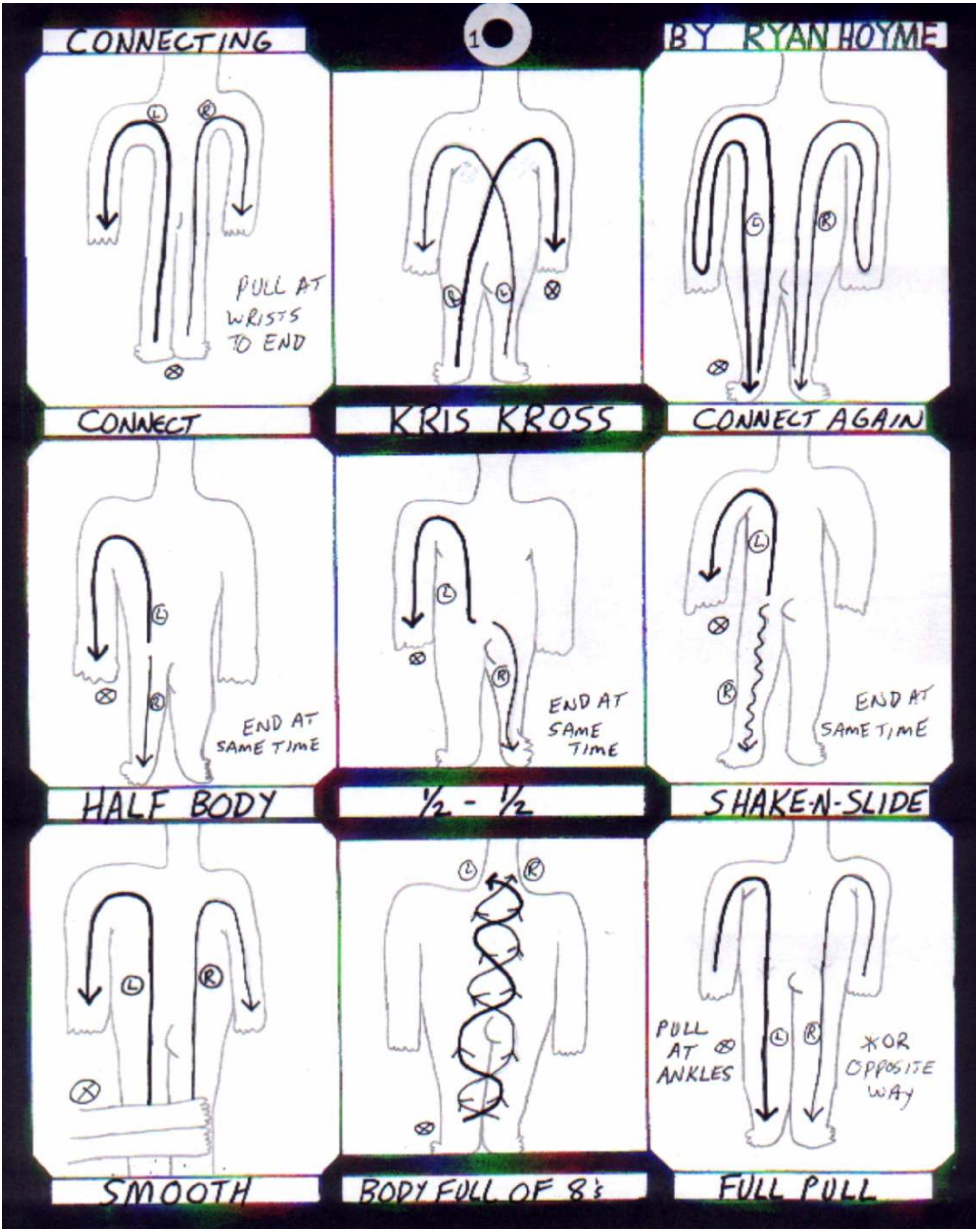
STOMACH

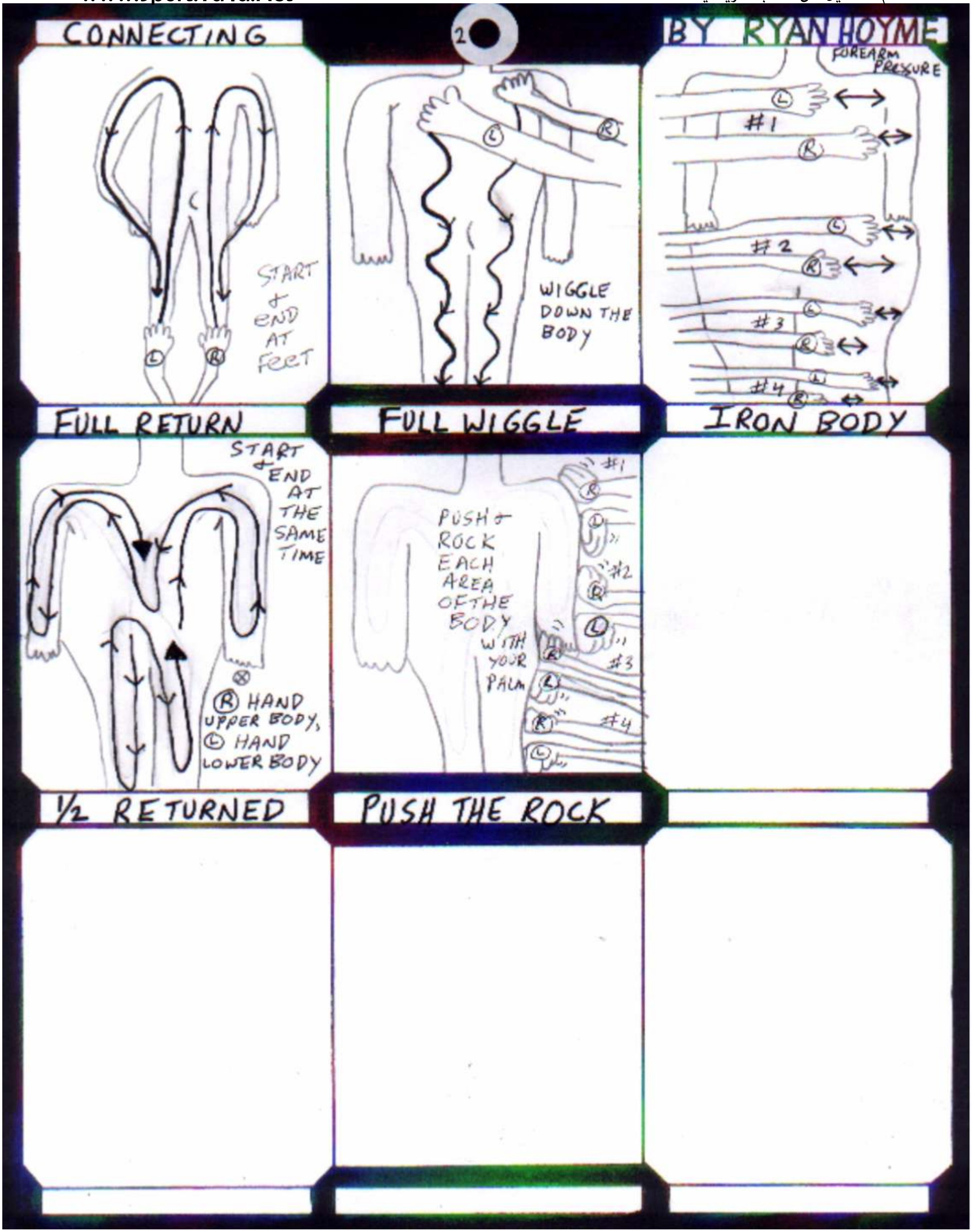

STOMACH
1
BY RYAN HOYME
VIBRATE Ⓡ
SLIDE Ⓛ
Ⓡ UNDER SHOULDERS & Ⓛ ON STOMACH & ROCK
SWIRL
VIBE SLIDE
CRADLE ROCK
END AT BASE OF NECK
ROCK HIPS OPPOSITE
PLACE FINGER TIPS ON SIDE OF SPINE & ROCK
ROCK-N-HIPS
FRONT SLIDE
ROCK UNDER BODY
"ALOT OF THE STROKES DONE ON THE BACK, CAN BE DONE ON THE FRONT OF THE BODY."
#1
#2
#2
NOT-ME


STOMACH
2
BY RYAN HOYME
TRY TO CONNECT YOUR FINGERS TOGETHER UNDER THEIR BACK, THEN PULL UP + OFF THE BODY
PULL
SUPPORT
(OPPOSITE)
PULL
PUSH
(OPPOSITE)
BACK SUPPORT
STOMACH AWAY
COLON BURN
PUSH DOWN TO THEIR RESISTANCE + HOLD
SLIDE UNDER RIBS
PUSH WITH HEEL OF PALM
#1
COME BACK WITH YOUR FINGERS
#2
(BACK + FORTH)
AIR BE GONE
RIB IT
WHATS FOR LUNCH

GLUTES


GLUTES
1
BY RYAN HOYME
R
L
UNDER STOMACH
UNDER STOMACH
GLIDE TO GLUTES
THE FULL 8
(GLUTE) TUMMY TUCK
UNDER STOMACH
UNDER STOMACH
KNUCKLE
(GLUTE) TUMMY TUCK 8
8 GLUTES
RUMP-SHAKER
UNDER
UNDER
TOP
TOP
UNDER
UNDER
PULL UP ON ANKLE
SMASH
MOSTLY UNDER
OUCH


CONNECTING
1
BY RYAN HOYME
PULL AT WRISTS TO END
CONNECT
KRIS KROSS
CONNECT AGAIN
END AT SAME TIME
END AT SAME TIME
END AT SAME TIME
HALF BODY
½ - ½
SHAKE-N-SLIDE
PULL AT ANKLES
*OR OPPOSITE WAY
SMOOTH
BODY FULL OF 8's
FULL PULL


CONNECTING
2
BY RYAN HOYME
START & END AT FEET
WIGGLE DOWN THE BODY
FOREARM PRESSURE
#1
#2
#3
#4
FULL RETURN
FULL WIGGLE
IRON BODY
START & END AT THE SAME TIME
R HAND UPPER BODY, L HAND LOWER BODY
PUSH & ROCK EACH AREA OF THE BODY WITH YOUR PALM
#1
#2
#3
#4
1/2 RETURNED
PUSH THE ROCK